



PRICES SO HOT
GET READY TO PULL THE FIRE ALARM

HOT DEALS

ON APPLIANCES

2 WEEKS ONLY

THURSDAY, FEBRUARY 9 TO
WEDNESDAY, FEBRUARY 22, 2012



More saving.
More doing.

LOOK INSIDE!
Quantities are limited.
Sorry, no rain checks.

GE Profile LG MAYTAG Amana HOTPOINT



HOT DEALS ON APPLIANCES*

More saving.
More doing.

*See below for details.

2 WEEKS ONLY

Thursday, February 9 to Wednesday, February 22, 2012
While quantities last. Sorry, no rain checks.

OPTIONAL PEDESTALS SOLD SEPARATELY



SAVE \$100
\$1996*
reg. \$2096 – for the pair



LG Front-Load • Titanium

4.3 Cu. Ft. Washer • ColdWash™ MODEL WM2350HSC (1000686712) **NOW \$998*** reg. \$1048

7.3 Cu. Ft. SteamDryer™ • ReduceStatic™ and EasyIron™ options • FlowSense™ duct clogging indicator MODEL DLEX2550S (1000686709) **NOW \$998*** reg. \$1048

OPTIONAL PEDESTALS SOLD SEPARATELY



SAVE \$100
\$996*
reg. \$1096 – for the pair



GE® Front-Load

3.8 Cu. Ft. Washer • Stainless Steel basket • HydroMotion™ technology

MODEL GFAN1000LWW (1000670802) **NOW \$598*** reg. \$678

7.0 Cu. Ft. Dryer • DuraDrum interior • Quiet-By-Design

MODEL GFMN100ELWW (1000670801) **NOW \$398*** reg. \$418



SAVE \$100
\$1196*
reg. \$1296 – for the pair



MAYTAG® Bravos X™ Top-Load • Lunar Silver

4.1 Cu. Ft. Washer • Low-water wash with EcoConserve™

Advanced Vibration Control MODEL MVWX500XL (1000678353) **NOW \$648*** reg. \$698

7.4 Cu. Ft. Dryer • GentleBreeze™ drying system with IntelliDry® sensor

MODEL YMEDX500XL (1000673270) **NOW \$548*** reg. \$598



ONLY
\$1698*

GE PROFILE™ 19.5 Cu. Ft. Bottom-Freezer French Door Refrigerator • Stainless Steel • ClimateKeeper™ system • Upfront temperature controls • Spill-proof glass shelves MODEL PFSS0MFZSS (1000672435)



SAVE \$130
\$1598*
reg. \$1728

MAYTAG® 22 Cu. Ft. Ice,® Bottom-Freezer French Door Refrigerator with Dispenser • Monochromatic Stainless Steel • Beverage Chiller™ compartment MODEL MF12269VEM (1000652205)

White MODEL MF12269VEW (1000652203);

Black MODEL MF12269VEB (1000652204) **ONLY \$1498***



SAVE \$200
\$998*
reg. \$1198

LG 19.7 Cu. Ft. Bottom-Freezer Refrigerator • Pullout freezer drawer • Digital temperature controls

MODEL LDN20718SW (1000521750)



SAVE \$50
\$1298*
reg. \$1348

LG Self-Clean Smooth-Top Electric Convection Range • Stainless Steel • EvenClean™ hidden bake element

MODEL LSB5682SS (1000521225)



SAVE \$100
\$798*
reg. \$898

GE® Self-Clean Smooth-Top Electric Range • TrueTemp™ system • Big hearth-shaped window • Dual element bake

MODEL JCBP780DTWW (1000714302)



SAVE \$250
\$1248*
reg. \$1498

LG Fully-Integrated Built-In SteamDishwasher™ • Stainless Steel with Stainless Steel tub • 16-place-setting capacity

MODEL LDF7932ST (1000660416)



SAVE \$150
\$548*
reg. \$698

GE® Built-In Tall-Tub Dishwasher with Hidden Controls and Recessed Handle • Stainless Steel • PureClean wash system with 5-stage filtration

MODEL GLD566VSS (1000712899)



*Appliances available online and in-store through Special Order, direct-to-home delivery only. Delivery charges apply. See in-store or online for details.

NO INTEREST
IF PAID IN FULL WITHIN

12 MONTHS*

on ANY APPLIANCE in-store or online purchase of \$299 or more*
NO ANNUAL FEES • Payments required*

**Including taxes, when you use your Home Depot® Consumer Credit Card! See below for details.

For more appliance information
or to shop online visit homedepot.ca/appliances

Type in the product number

1000654204

SEARCH



FIND MORE
at homedepot.ca

*Offer valid at The Home Depot Canada. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See Store Associate or Special Services Desk for details or visit homedepot.ca. Prices may vary after Wednesday, February 22, 2012 if there are any market variations. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers. **No Interest, No Annual Fees if paid in full within 12 Months*** On any Appliance in-store or online purchase of \$299 or more (including taxes) when you use your Home Depot® Consumer Credit Card! *On approved credit. Financing provided by Home Depot Credit Services, a unit of Citicards Canada Inc. *Interest accrues from the purchase transaction date and will be waived if each minimum monthly payment required during the promotional period is paid in full by its payment due date and the purchase price is paid in full by the plan expiration date. If not, interest will be charged at an Interest Rate of 28.8% per annum in accordance with the Cardholder Agreement. This offer is valid at The Home Depot Canada locations outside of Quebec. Offer not available to Quebec residents. ©2012, HOMER TLC, Inc. All rights reserved. ® Registered trademark of Homer TLC, Inc. Used under license.

WANT TO MAKE EASY MONEY?
SELL YOUR STUFF FOR FREE
metroclassifieds.ca
1 800-527-6767

SEAFOOD FOR TWO
A VALENTINE'S DAY RECIPE
{page 36}

SASSY FEMCEE
SWEET SMILE, ACID TONGUE MAKING AZEALIA FAMOUS {page 26}

OTTAWA
metro

Thursday, February 9, 2012
www.metronews.ca



King. Of the Hill



► NDP MP Sana Hassainia walks out of the House of Commons with her baby Skander-Jack as she makes her way to meet with reporters on Parliament Hill on Wednesday.

FRED CHARTRAND/THE CANADIAN PRESS

Bounced baby a minor misunderstanding

Hassainia says her baby was ordered out of the House of Commons during voting this week. More coverage, page 10.

Bus crash leads to review of protocols

► A Transitway bus crash injured at least 11 people on Tuesday ► OC Transpo GM to consider changes stemming from crash {page 3}

Local

Ottawa couple facing animal cruelty charges

► Pot-bellied pig found neglected in a basement {page 4}

Welcome to the capital, neighbours

► The National Capital Region is Canada's fourth biggest population centre ► Ontario's growth was slow except in Ottawa-Gatineau, Toronto, Kingston and Brantford



Statistics Canada says more than 100,000 new neighbours moved into town over the five years since the last census.

The first numbers from the 2011 census show the Ottawa-Gatineau region grew by 9.1 per cent, outpacing both Canada's growth rate (5.9) and Ontario's (5.7).

Ottawa-Gatineau's population grew to 1,236,324 from 1,133,633 in 2006. The population of Ottawa alone was 883,391 up from 812,129.

"I am pleased to note that the 2011 census shows us again that more and more people are choosing to live, work, play and raise families in our great city of Ottawa," Mayor Jim Watson said.

Carleton University professor Ian Lee said the federal government and related businesses draw people here, but that isn't the only game in town.



"Generally, the more you grow, the more your gross domestic product grows."

CARLETON UNIVERSITY PROFESSOR IAN LEE

"The Ottawa region has the most highly educated population on average in the country, so that's going to be attractive to companies that need highly educated workers such as technology companies," he said.

More coverage {pages 14-15}



Introducing The Blue Ribbon

Construction Event

Right now at Fairwinds in Kanata, we're busy building brand new homes that will be ready in April and May.

Save Up To \$20,000 Immediately And Move-In This Spring.

Just select one of our Inventory Homes and come the spring, you'll find a Blue Ribbon on your new front door.



This Week's Early Move-In Feature Homes.



HARDWOOD IN KITCHEN, LIVING/DINING ROOM, GREAT ROOM & QUARTZ COUNTERTOP!

Double Car Garage Home,
The Queenbank, Elev. 'A', 2,073 Sq.Ft.
~~WAS \$408,990~~ **NOW \$398,990**
Move In May 17, 2012



INCLUDES OAK STAIRS, AIR-CONDITIONING, & LANDSCAPING PACKAGE!

Double Car Garage Home,
The Harrisbrook Corner, Elev. 'D', 1,672 Sq.Ft.
~~WAS \$370,190~~ **NOW \$360,190**
Move In April 24, 2012



INCLUDES GLASS SHOWER & OAK STAIRS!

Double Car Garage Home,
The Springbanks, Elev. 'B', 2,514 Sq.Ft.
~~WAS \$487,390~~ **NOW \$467,390**
Move In May 29, 2012



INCLUDES GLASS SHOWER & OAK STAIRS!

Double Car Garage Home,
The Westlynn, Elev. 'B', 2,907 Sq.Ft.
~~WAS \$509,890~~ **NOW \$489,890**
Move In May 27, 2012



HARDWOOD IN KITCHEN, GREAT ROOM, DINING ROOM & BATH OASIS!

Single Car Garage Home,
The Forestlane, Elev. 'A', 2,050 Sq.Ft.
~~WAS \$386,490~~ **NOW \$376,490**
Move In May 10, 2012



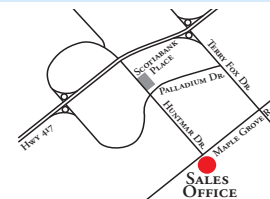
INCLUDES BATH OASIS & OAK STAIRS!

Single Car Garage Home,
The Fernhaven, Elev. 'C', 1,744 Sq.Ft.
~~WAS \$358,990~~ **NOW \$348,990**
Move In May 24, 2012



Townhomes From \$242,990
Detached Homes From \$299,990

OHBA 2011 Home Builder Of The Year.



Fairwinds Sales Centre: 1776 Maple Grove Road, Kanata. 613.831.9369
mattamyhomes.com

Sales Centre Hours: Monday to Thursday 1pm-8pm; Friday 1pm-6pm;
Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E. 

E. Coli alert issued over raw ground beef

Ottawa Public Health (OPH) said New Middleleast Supermarket on Bank Street is voluntarily recalling finely ground raw beef known to be used as Kebbeh, because the product may be contaminated with E. coli.

The Canadian Food Inspection Agency issued the alert Tuesday to warn the public not to consume the product which was sold at the supermarket located at 1755 Bank Street on Dec. 28 and 29.

One person has become ill after eating the product, OPH said.

● METRO



CONTRIBUTED

Local athletes get a boost

Royal Oak district manager Adam Wilson, left in the photo, presented Special Olympian Marianne Scharfe and Mike Pitre, Special Olympics Ontario Ottawa District community co-ordinator, with a cheque for \$2,803.35, money the pub company raised to support local athletes. ● METRO



KATHERINE MAHEUX/FOR METRO

► Katherine Maheux captured this image of the crash scene using her cellphone's camera after she had to catch another bus to go home Tuesday night.

Protocols reviewed after Transitway crash

► OC Transpo staff handled the situation relatively quickly: Crash witness



JOE LOFARO
@METRONEWS.CA

A Transitway bus crash that injured at least 11 people and snarled rush-hour traffic Tuesday has sparked a review of emergency and customer-service protocols at the City of Ottawa.

A route 61 bus collided with a number 98 just before 4:30 p.m. near Tunney's Pasture. Although emergency officials initially described injuries as minor, at least one female

passenger suffered cracked vertebrae and underwent surgery in hospital Wednesday.

Eastbound and westbound traffic was detoured at Tunney's Pasture onto Scott Street, which caused further traffic delays.

"I have asked the general manager of OC Transpo to convey to the transit commission members any changes in protocols that they are planning as a result of the lessons learned from this incident," said commission chair, Diane Deans.

"You hope that this type of thing won't happen and we want to make sure that our customers are properly cared for when anything like this does happen."

TRANSIT COMMISSION CHAIR DIANE DEANS

Katherine Maheux was on a 94 bus when she saw the collision aftermath and said OC Transpo staff handled the situation rela-

tively quickly.

"They were very courteous, they actually made an announcement on the bus that anybody who had a transfer that was expiring to come up and get a day pass," said Maheux.

Other passengers were not as complimentary. One woman, who did not wish to be named, was travelling on a separate bus and said passengers weren't told what had happened. She said she only discovered what was going on by email.

● WITH FILES FROM SEAN MCKIBBON

1

news


No time for coffee break? No problem. Just get your fix from a caffeine inhaler.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A woman in China has given birth to a 15-pound baby, the largest ever born in the country. Video at metronews.ca/video

Follow us on Twitter @metroottawa



WALK IN HER SHOES
care

She needs to walk an average of 6km a day to keep her family alive. CARE is challenging you to experience what this is like.

Join Walk In Her Shoes.

Starting March 8th, join thousands of Canadians on International Women's Day to empower women and girls to fight global poverty.

Sign up today!

www.care.ca/metro

In partnership with
metro

Pot-bellied pig neglected in basement

► Ottawa Humane Society charges couple with cruelty after pig found suffering ► Only fed occasionally: OHS



SEAN
MCKIBBIN
@METRONEWS.CA

An Ottawa couple is facing cruelty charges after the humane society discovered a pet pot-bellied pig crippled by overgrown hooves.

The man and woman were charged with "permitting distress to, and failing to meet the standards of care for, a pot-bellied pig illegally kept in the basement of their Vanier home," the Ottawa

Humane Society (OHS) said in a statement released Wednesday.

OHS investigators were called to the home by Ottawa police and discovered the adult pot-bellied pig's hooves had grown to about a foot and a half in length. The hooves had curled and extended back into the bottom of the pig's feet, keeping it from standing or moving normally, the OHS statement said.

The pig was kept in a room with a soft, slippery

floor so it couldn't grind its hooves down, OHS said.

After a vet examined the animal, a decision was made to euthanize the pig, the society said.

Mathew Mawson and Roxanne Veinotte were each charged with two counts under the OSPCA Act and are expected to make their first court appearance Wednesday. They each face a maximum fine of \$60,000 and a maximum sentence of two years in jail.

Rock. On



► Josue "Jungle" Gomez, 15, left, gets a quick lesson from Deep Purple guitarist Steve Morse during a guitar clinic at Steve's Music Store on Rideau Street on Wednesday ahead of Deep Purple's concert last night at the Ottawa Civic Centre. Gomez plays in a band called Insultus.

MIKE CARROCCETTO/FOR METRO

Morse gives pre-show guitar lessons

While quantities last

NOW \$79.99
WAS \$99.99

NOW \$299.99
WAS \$349.99

NOW \$129.99
WAS \$169.99

Samsung Gravity Touch™

Nexus S™

Samsung GALAXY mini™

Save up to \$50 on Samsung Smartphones

Couple one of these great smartphones with our \$25/month unlimited plan and you can talk, text, Facebook, tweet or email all you want!

mobilicity.ca

Taxes are extra. Limited time offer and while supplies last. Dealer may sell for less. Offer valid only at participating locations listed here. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. "\$25 Unlimited Plan" includes unlimited talk, text and either unlimited social networking package or email package. Subject to handset capabilities. Social Networking package includes Facebook, Twitter, MySpace, Google+, Linked In, Yahoo Messenger, Google Talk, iQO and Whatsapp, and Email package provides access to Gmail, Hotmail and Microsoft Exchange. Additional terms and conditions apply. Subject to change without notice. © 2012 Mobilicity. 'Mobilicity', 'Now that's smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd. Used with permission. Galaxy mini™ and Gravity Touch™ are trade-marks of Samsung Electronics Co., Ltd., used in Canada under license. Nexus is a trademark of Google, Inc.

mobilicity
Now that's smart.

**Mobilicity
Stores**

Lincoln Fields Mall
1595 Merivale Rd, Unit 6
168 Rideau St
Bayshore Shopping Centre
173 Montreal Rd
888 Meadowslands Dr E, Unit 8
Hazeldean Mall
2446 Bank St, Unit 103

**Authorized
Dealers**

Cellular X Zone:
Billings Bridge Shopping Centre
Rocknet Telecom:
1020 St. Laurent Blvd, Unit 12
Bullo Wireless: 1414 Walkley Rd
IGO Cyber House Inc: 223 Bank St
FTA Tronix: 1807 Carling Ave

**Mobilicity
In-Store
Kiosk @
Metro Stores**

2515 Bank St
2261 Walkley Rd

HURRY! OFFERS END SOON

AIR MILES® SUPER BONUS EVENT



January 29 – February 25, over

3,250 BONUS
AIR MILES® reward miles

available to be earned on select products.[†]



February 10-14, earn

40 BONUS
AIR MILES® reward miles

when you spend \$40 or more on beauty products.^{††}



Until March 4, earn

10x AIR MILES® reward miles **OR** **3x** AIR MILES® reward miles

with Shell V-Power®
premium fuel.*

with Shell Bronze, Silver
or Diesel fuel.*

*Minimum \$40 fuel purchase required.[‡]



February 10-12, earn

10 BONUS
AIR MILES® reward miles

when you spend \$50 or more. No coupon required.^{††}



Join AIR MILES on Facebook
at facebook.com/airmilesCanada



For more information, go to airmiles.ca/superbonus1

[†]Bonus AIR MILES reward miles available on selected products from January 29 – February 25, 2012 at the LCBO. While quantities last. Offer subject to change without notice. See store for details. ^{††}Minimum purchase of \$40 or more before taxes, after discounts and exclusions in a single transaction. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store-wide bonus offer or Seniors Discount. Offer subject to change without notice. Bonus AIR MILES reward miles offer is not valid on the following: Natural Skin Care, Oral Hygiene, Mass Skin Care, Skin Care Acne and Lip Care, Feminine Paper, Hair Colour, Deodorants, Depilatories, Ethnic Hair Care, Men's Grooming, Men's Toiletries, Shaving Products and Soap. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at participating Rexall[™] and Rexall[™] Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western provinces. [‡]Offer valid until March 4, 2012 at participating Shell locations. Minimum \$40 Shell V-Power[®] fuel purchase required per transaction to earn the 10x offer. Minimum \$40 Shell Bronze, Silver or Shell Diesel fuel purchase required per transaction to earn the 3x offer. One Bonus offer per transaction. Maximum number of reward miles per transaction is 290. ^{†††}Bonus AIR MILES offer is valid February 10-12 at all Ontario locations when you present your Collector Card at the time of purchase. Offer not valid on online purchases. No coupon required. Valid for a minimum purchase of \$50 in a single transaction, net of refunds and exclusive of taxes, discounts, and gift card purchases. Offer cannot be combined with any other AIR MILES Bonus offer. This is an exclusive offer and is non-transferable. The Children's Place reserves the right to change or cancel the offer at any time. [™]Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsor or authorized for their use in Canada.

Nailing that job takes more than a resumé

► Good business manners extend to having an awareness of other cultures and conflict management



STEVE COLLINS
OTTAWA@METRONEWS.CA

As students head into their final semester, a local business-etiquette expert has a few tips on finding a job before school ends.

Body language, clothing and even table manners can win or lose a job interview before you say a word, according to an expert in corporate manners.

"A good first impression goes a long way. I know it sounds like a cliché, but it really does," said Praveeni Perera, CEO of Professional Edge Consulting, which offers courses to help professionals with business etiquette.

That job interview starts as soon as you arrive, she says, and she stresses good posture, (hips and shoulders lined up), a firm (but not bone-crushing) handshake, and even matching the pace of your interviewer as you walk with them from the lobby.

"These may sound like trivial things," she said, "but it definitely influences the way you're perceived by others."

Perera also advises preparing, researching prospective employers, getting a LinkedIn account and — though social media are great tools — not forgetting to order some old-fashioned business cards.

What not to wear

A few office-wear don'ts from Professional Edge:

- Overly revealing clothing is a definite no. Too little is too much.
- Clothes that are poorly tailored and ill-fitting are not appropriate for business wear.
- Stay away from mismatched, bright-coloured clothing.
- Use common sense. Anything that indicates to you that it should not be worn, should not be worn.
- For more information, visit proedgeconsulting.com



► Praveeni Perera, CEO of Professional Edge Consulting

Don't pay extra for Call Display and Voicemail. Talk about a tag team.

Included in all our new and improved Canada-wide plans.

Only from Koodo!



koodo
mobile®

Good call



► FUTURE SHOP

Walmart

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

Activist wins City Builder Award

► Jer's Vision is Canada's third-largest LGBT organization ► Mayor's City Builder Award recognizes outstanding contributions to community



STEVE COLLINS
OTTAWA@METRONEWS.CA

City hall honoured an Ottawa University student yesterday for the campaign he has waged against homophobia and bullying ever since he came out as a gay teen in high school.

Mayor Jim Watson and Somerset Coun. Diane Holmes presented the Mayor's City Builder Award to Jeremy Dias, founder of Jer's Vision: Canada's Youth Diversity

Initiative, and its annual event, the International Day of Pink.

On that day, students wear pink to raise awareness of homophobic and transphobic bullying. In 2010, more than 7.2 million people participated. After he came out, Dias faced daily bullying, violence and other harassment by teachers and fellow students.

At 17, he sued his school and school board and at 21 he won Canada's second-largest human rights settlement. He

founded Jer's Vision with the proceeds.

Dias also volunteers with a number of other organizations including

Housing Help, the Canadian Human Rights Monument and the International Imperial Court.



► LGBT youth rights activist Jeremy Dias

Downed power lines close road

Cedarview Drive was closed last night around 6:50 p.m. when a car

slammed into a hydro pole and knocked down power lines.

Police said the driver of the car sustained minor injuries.

● METRO

Red. Tape



► Colin Carrie, parliamentary secretary to the minister of health, left, symbolically cuts red tape on Parliament Hill Wednesday with Helen Sherrard, president of the Canadian Health Food Association, centre, and Marie Provost, president of Clef des Champs.

JOE LOFARO/METRO

Vitamin C-U-T

The Canadian Health Food Association (CHFA) applauded the Conservative government's Red Tape Reduction Report Tuesday as it lobbied for better regulation of natural health products.

Health Canada is responsible for regulating products such as vitamins, minerals, herbal remedies and homeopathic medicines, and CHFA wants the government to adopt a more streamlined approach to its licensing process.

"We support the regulatory process and the regulations that are in place — they ensure that products are safe and effective before they go to sale — but we want to see the administrative burden streamlined and reduced and see companies be able to more easily bring products to market that we already know are safe and effective," said CHFA president Helen Sherrard.

Henderickx's nofrills
lower food prices
nofrills.ca

WON'T BE BEAT®

If you find a cheaper price, simply show us and we will match.*

Sunlight laundry detergent 6.8 - 7.19 kg or 4.43 L powder 120 washloads or liquid 96 washloads selected varieties	Snuggle liquid fabric softener 180 washloads	only 88¢ save \$9.11
Schneiders chicken wings 547 g hot BBQ or honey garlic frozen	save \$6 2.97	
blueberries pint 340 g product of Chile, no. 1 grade	3 for \$5	
dozen roses assorted colours	only \$12	

1226 Place D'Orleans Dr. (across from Place D'Orleans mall)

Prices effective From Friday February 10 to Thursday February 16, 2012

FRI	SAT	SUN	MON	TUE	WED	THU
10	11	12	13	14	15	16

This medium has a message

► Local psychic tries to reconnect people in this life and the afterlife ► Saturday's show a benefit for Operation Come Home, a charity for homeless youth



JOE LOFARO
@METRONEWS.CA

When he was eight years old, Matthew Stapley says he realized he had a unique ability. He was on the phone with his dad, who was travelling in Thailand.

Stapley was at home in Carleton Place and says images started to flood his head.

"I said, 'Dad, what are those elephant tusks doing on the table beside you and what are these pictures on the wall?'" Stapley said. "It just freaked him right out."

Since then he says he's been honing his psychic abilities and is now what

That's the spirit

► Tickets cost \$30 and are available by calling the Ottawa Little Theatre at 613-233-8948 (400 King Edward Ave.), or by visiting thepsychicexperience.ca.

he calls a psychic-medium — one who attempts to communicate with "the other side."

Stapley is putting on a show this Saturday at the Ottawa Little Theatre (400 King Edward Ave.), where he says he will read certain audience members' "auras" and attempt to connect them with a "spirit guide" or a loved one who has passed on to

the afterlife.

A portion of the ticket sales will benefit Operation Come Home, an Ottawa-based charity that reconnects homeless young people with their families.

"What I hope to do is walk directly up to people to give their message and not stand at the front of the room," Stapley said.

"It has happened where people have had a really profound reaction in the audience ... but it's not something I strive for."

Saturday's show will be a fast-paced, uplifting experience, he said. It opens with a motivational talk about spirit by guest speaker Jennifer Clark.



► "It has happened where people have had a really profound reaction in the audience," Matthew Stapley says of his shows, in which he attempts to contact people on "the other side."

THE MOVIE NETWORK
ON DEMAND

FREE

STARTING FEBRUARY 11

ROGERS ON DEMAND
channel 100 | rogersondemand.com

Offer subject to conditions, restrictions and network fees. The Movie Network™ and its associated logos are trademarks of The Movie Network Inc. ©2012 Rogers Media Inc. "Dexter", "True Blood" and "Game of Thrones" are trademarks of their respective owners. "HBO Canada" is a registered trademark of Home Box Office, a division of Time Warner Entertainment Company, L.P. All other trademarks are the property of their respective owners. Limited liability to service providers and their content.

»» BREAKING NEWS ««

U.S. REAL ESTATE HAS BOTTOMED OUT!

7 Deadliest Mistakes All Canadians Make When Buying U.S. Real Estate

Fellow Canadians - a new video series has just recently been released which reveals the 7 costly mistakes that ALL Canadians make when buying U.S. real estate, and a 23 step system that can help you prevent these common mistakes in order to protect your investment.

This video series clearly shows how a typical Canadian loses an average of \$30,000 when buying U.S. real estate. The fact of the matter is that the U.S. is a foreign country with an entirely different tax system that the CRA frowns upon - worse yet - with regulations written against foreigners, such as the famous "world estate tax".

Don't just google "U.S. Real Estate" **until** you watch and learn the proven methods.

This video series exposes the 7 deadliest mistakes that cost Canadians tens of thousands of dollars. The good news is that each and every one of these mistakes are entirely preventable. In answer to these issues, Canada's only active U.S. real estate expert - Steve Martel - has prepared a free video series entitled "Buying U.S. Real Estate The Proven Way".

To gain instant access to this video series, visit www.USTAKEOVER.ca

Start your **FREE** training
TODAY



VIDEO SERIES
REVEALS

BUYING U.S.
REAL ESTATE

THE RIGHT WAY



www.USTAKEOVER.ca



HIV-AIDS

Disclosure case comes to high court

The Supreme Court will begin hearing arguments today concerning the obligations of those infected with the virus that can lead to AIDS.

At issue is whether it's

a crime for people with HIV to keep their condition from their sexual partners if the risk of transmission is low.

Prosecutors argue people infected with HIV must always inform their partners, regardless of risk of transmission.

Advocates for people with HIV say this thinking criminalizes carriers of the virus and doesn't acknowledge the science that determines the likelihood of transmission.

THE CANADIAN PRESS

MP's ousted baby allowed in House

A New Democrat MP has closed the case of the bounced baby, saying it was all a misunderstanding.

Sana Hassainia brought her three-month-old infant into the House of Commons this week just before a key vote, drawing the attention of delighted fellow MPs who began snapping pictures of mother and son.

When parliamentary pages brought her a message from the Speaker, Andrew Scheer, Hassainia thought she was being told to remove her child, Skander-Jack, from the chamber.

But she says Scheer later explained he was only concerned about cameras in the House, which are not allowed.

THE CANADIAN PRESS

Baby rules

► **Women MPs** from other parties asked Scheer to clarify the rules for infants in the Commons, including whether breastfeeding is allowed.

► **In 1998**, New Democrat MP Michelle Dockrill brought her seven-week-old baby, Kenzie James, into the Commons as she voted during proceedings.

► **MP Elizabeth May**, the Green party leader, said Wednesday that at the time Dockrill was asked not to come back with the infant.

► **Scheer promised** he would outline the rules surrounding infants.

RCMP hunt for person of interest in Alberta case

► **Sgt. Patrick Webb asks public not to approach Sawyer Clarke Robison**
 ► **Officials find unidentified body in home where deadly standoff took place**

RCMP confirmed Wednesday that one man was found dead in a rural Alberta house where two Mounties were shot.

Sgt. Patrick Webb said a search was on for a 27-year-old man, Sawyer Clarke Robison, seen leaving the property after four officers from the detachment in Killam, about 160 kilometres southeast of Edmonton, arrived on Tuesday afternoon.

The officers went to the property as an ongoing investigation the small detachment had been involved in for the last week.

"The role of all the RCMP members here is to locate this individual and try to resolve this without any more shots fired or any injury to anybody."

SGT. PATRICK WEBB

Gunfire erupted after they arrived and two of the officers, Const. Sheldon Shah and Const. Sid-



► RCMP tactical team members at a road block north of the scene where two RCMP officers were shot, east of Sedgewick, Alta., on Tuesday.

ney Gaudette, were cut down.

Webb said Robison could be armed with long-barrelled weapons and should be considered a high risk. He warned members of the public not to approach him.

Police had said Tuesday that the public was not at risk and Webb reaffirmed

that there is no risk to the public in a general sense.

Robison, the primary resident of the house, is not a suspect, but is considered a person of interest.

"It is definitely in his best interest to contact the RCMP to speak with our investigators as soon as possible," Webb said at a

briefing Wednesday morning at the Killam detachment.

Police were trying to determine how the dead man was killed, Webb said. The man was not identified.

Several weapons were recovered at the house, Webb said.

THE CANADIAN PRESS

PANTENE PRO-V

INTRODUCING
OUR **NEW** LIGHTWEIGHT COLLECTION
aqua LIGHT



ZERO WEIGHT
100% MORE CONDITIONING
NOURISHMENT*

*shampoo and conditioner vs. non-conditioning shampoo

ALSO TRY
ICE SHINE



**24-HOUR
SHINE**

Available at
Walmart
Save money. Live better.



INTRODUCING TRULY UNLIMITED TALK

FAILING GRADE

Panel blasts First Nations education

First Nations education in Canada gets a failing grade in a new report.

A national panel on First Nations elementary and secondary education released a long-awaited study Wednesday, saying there really is no national system for aboriginal education.

The report called on the federal government to create a body to oversee First Nations education.

It urged the creation of local organizations that would resemble regular school boards and called for more money for the system.

It also said the right

of aboriginal children to a good education should be written in law.

"We were struck by the passion and commitment of the young people that we met and all of the people who are committed to First Nations education," said Scott Haldane, the group's chairman.

We recognized, however, that they do not have a system of support. There isn't, in fact, a First Nations education system in Canada. And without that support, it's very difficult for them to achieve the goals that they have for young people and for young people to achieve their full potential."

The three-member panel was appointed last year by Aboriginal Affairs Minister John Duncan and Assembly of First Nations National Chief Shawn Atleo.

THE CANADIAN PRESS

Effort to clarify self-defence laws has at least one defender

► Tory bill aims to distinguish reasonable force from vigilantism

The lawyer for an Ontario man who was charged after firing his revolver to scare off would-be arsonists attacking his home says Justice Minister Rob Nicholson is on the right track with changes to the self-defence law.

Nicholson raised opposition eyebrows this week when he agreed during a committee hearing that firing a warning shot over the heads of property thieves or intruders would be con-

sidered a reasonable response under the new law.

The minister's answer to a friendly question from an Alberta Conservative MP had New Democrats and Liberals grousing about vigilante justice. And it drew a cool reaction from the president of the Canadian Police Association and alarm from the Canadian Bar Association.

But lawyer Edward Burlew, who has defended a host of firearms-related



► Justice Minister Rob Nicholson

cases, said changes to the law will simply address the reality of some circumstances.

"You can't always call 911 to get a cop. Things are over by then. It's too late," Burlew said in an interview

from his office in Thornhill, Ont.

"These types of situations are generally over in under a minute, perhaps two minutes. They're quick, fast incidents."

THE CANADIAN PRESS

Pardon application costs set to quadruple

It's official — the cost of applying for a criminal pardon will quadruple.

The federal government says the pardon application fee will jump to \$631 — up from \$150 — on Feb.

23.

The government says recent changes making it tougher to get a pardon

have also made the program more work-intensive and costly.

THE CANADIAN PRESS

Canada protests Russia's arms sales to Syria

THE ASSOCIATED PRESS

Canada has lodged a formal protest with Russia for its role as an arms supplier to the Assad regime in Syria.

A senior Canadian official says the Canadian embassy in Moscow delivered a demarche or protest note to the Russian foreign ministry.

The move comes after Foreign Affairs Minister John Baird expressed Canada's disappointment over the veto wielded by Russia and China on Saturday China at the United Nations Security Council.

The veto killed a resolution that would have condemned the regime of President Bashar Assad that



► A Syrian rebel takes cover during an exchange of fire with army troops in Idlib, Syria, Wednesday.

has waged a bloody 11-month crackdown on dissent that has left thousands dead in his country.

The Canadian official says it is unsupportable

that Russia continues to supply arms to the Assad regime. The official did not have details about Russia's level of military support to Syria. THE CANADIAN PRESS

EU plans sanctions for Syria

The European Union will impose harsher sanctions on Syria, a senior EU official said Wednesday, as Russia tried to broker talks between the vice-

president and the opposition to calm violence. Activists reported at least 50 killed in the regime's siege of the restive city of Homs.

Russia, a close ally of Syria, and the West are pushing down starkly different paths in trying to deal with Syria's nearly 11 months of bloodshed. Af-

ter blocking a Western and Arab attempt to bring UN pressure on President Bashar Assad to step down, Russia has launched a bid to show it can resolve the turmoil.

Moscow is calling for a combination of reforms and negotiations, without calling for Assad to go.

THE ASSOCIATED PRESS

La Cité collégiale « PRATIC »
Programme d'Accès aux Technologies de l'Information et des Communications

NOUVEAU PROGRAMME permettant l'accès au marché du travail dans les technologies de l'information et des communications

Services gratuits exclusifs aux nouveaux arrivants

Contactez-nous maintenant!
613 742-2475

Saviez-vous que ?

- ✓ Le gouvernement fédéral est le principal employeur de la région d'Ottawa.
- ✓ Le gouvernement fédéral exige au minimum un diplôme collégial d'un programme de 2 ans.
- ✓ Les nouveaux arrivants ont de la difficulté à faire valoir leurs acquis éducatifs et leurs expériences de vie lors de leur inscription à un collège ou université.
- ✓ Le projet PRATIC peut vous aider à faire valoir vos antécédents, accélérant ainsi votre obtention d'un diplôme.
- ✓ PRATIC... Pour un accès rapide au marché de travail des technologies de l'information et des communications.

CONTACTEZ-NOUS DÈS MAINTENANT afin de vérifier votre éligibilité au 613 742-2475
<http://pratic.citedesaffaires.com>

Financé par: Ontario

L'Ottawa reçoit du soutien du gouvernement du Canada pour certains programmes de formation

la cité collégiale
Le Collège des meilleures pratiques



authorized dealer

BELLEVILLE

324 North Front St.

(613) 969-0120

BROCKVILLE

2399 Parkdale Ave.

(613) 345-3161

CORNWALL

Cornwall Square

(613) 936-2083

GLOUCESTER

Gloucester City Centre

1980 Ogilvie Rd., Unit 136

(613) 842-7285

KANATA

Hazeldean Mall

(613) 271-1153

Kanata Centrum Shopping Centre

(613) 599-9690

KINGSTON

Cataract Town Centre

(613) 634-9897

Kingston Centre

(613) 546-6043

122 Princess St.

(613) 549-0315

NEPEAN

130 Riocan Ave.

(613) 823-9240

ORLEANS

2020 Lanthier Dr., Unit E2

(613) 590-0289

OTTAWA

901 Carling Ave.

(613) 238-7533

695 Somerset St. W

(613) 820-7782

104 Bank St.

(613) 230-0202

1465 Merivale Rd.

(613) 224-9222

205 Richmond Rd.

(613) 724-2674

PEMBROKE

670 Pembroke St. W

(613) 732-1602

1100 Pembroke St. E, Unit 210

(613) 732-1602

3435A Petawawa Blvd.

(613) 732-1492



NEPEAN

Bayshore Shopping Centre

(613) 726-7665

OTTAWA

2121 Carling Ave., Unit 87

(613) 798-1946

1200 St. Laurent Blvd., Unit 248

(613) 746-8546

50 Rideau St., Unit 327C

(613) 232-4800

110 Place D'Orleans Blvd., Unit 290

(613) 590-2237

2269 Riverside Dr., Unit 44

(613) 737-2071

690 Bank St.

(613) 668-5499

BELLEVILLE

Quinte Mall

(613) 969-2130

GET THE FAMILY TRULY unlimited talk & text

AND SAY GOODBYE TO THOSE OTHER CELL PHONE COMPANIES



Add an additional voice and
messaging line to your family plan for

\$27⁹⁷¹/mo/line
Includes all
monthly fees[±]

UNLIMITED Talk²

UNLIMITED Extreme Text Messaging³

UNLIMITED Picture & Video Messaging³

UNLIMITED Canada-Wide Family Plan Member Calling⁴

UNLIMITED Canada-Wide Calling from your Computer⁵

CALL 1 877 308-4776
CLICK rogers.com/FamilyPlan
VISIT Your local Rogers retail store

There's never been a better time to switch



Offers available for a limited time only and subject to change without notice. [±]Includes the Government Regulatory Recovery Fee which varies by province and ranges from \$2.35-\$2.97/line/month (\$2.35 AB/BC/MB/ON, \$2.75 QC, \$2.88 NB, \$2.97 NL, \$2.78 NS, \$2.85 PEI, \$2.97 SK). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. 1 Minimum of 2 lines required (\$95.94/mo for first two Ultimate Unlimited Voice & Messaging Family Plan lines). Each additional Ultimate Unlimited Voice & Messaging Family Plan line \$27.97/mo (up to a maximum of 5 lines total). All members on the same account must activate on the same Couples & Family plan. Lines may be added at any time. New lines added require the primary line be renewed for the same period. 2 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. 3 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to rogers.com/extremetext. 4 Unlimited Canada-wide calling between same plan members only. 5 Feature available in Manitoba (Feb. 12, 2012). Available with use of the Rogers One Number devices (IP phone or telephone adapter) or web phone only. Compatible computer with internet access required. Not applicable to wireless device usage. Regular local and long distance charges under your Rogers wireless plan apply when using the Rogers One Number service with your wireless device. Includes text/picture/video messages sent from Rogers One Number devices or web phone (as available) to Canadian wireless numbers; incoming messages will be charged as per your wireless plan and current pay-per-use rates (as applicable). Use of the Rogers One Number service may cause you to use additional internet data depending on your internet data usage allowance; internet service charges and overage rates (if applicable) apply in accordance with your Rogers or third-party internet service package. The Rogers One Number service is intended for personal use only, based on a total of 44,640 minutes available in a 31-day month. Subject to the Rogers Terms of Service and Acceptable Use Policy available at rogers.com/terms. See rogersonenumber.ca for details. ©2012

Some census highlights



FRED CHARTRAND/THE CANADIAN PRESS

Families keep shrinking.

When Ryan and Ann Solomon got married, they knew they wanted to keep their family small. The Solomons' two-kid family is typical among their circle of friends in Ottawa. Indeed, couples with just one or two children have become the norm in Canada, part of a

trend of steadily dwindling family size that has been going on since the early 1960s.

They're not alone, according to the 2011 census. On its current trajectory, the numbers suggest, Canada's growth rate could be almost entirely dependent on immigration within 50 years. **THE CANADIAN PRESS**



NATHAN DENETTE/THE CANADIAN PRESS

Ontario's exodus.

When Ontario sputtered to an unceremonious stop in 2008 and 2009, a lot of people got out and walked — many westward, fresh census numbers suggest. Canada's manufacturing heartland posted the lowest growth rate since 1981-1986.

"There was no way we were going to be able to find something to afford our mortgage, plus pay the bills, in Ontario," said lifelong Ontario resident Pamela Wilson, 34, who now makes a home in the Alberta oil sands boom town of Fort McMurray. **THE CANADIAN PRESS**



PAWEŁ DWULIT/THE CANADIAN PRESS

Canada's condo boom.

When Debrah and Joel Weiss first moved to Toronto, they wanted nothing more than a proper house with a sprawling yard and lush garden. Four decades later, the retired couple is part of the condo craze that is reshaping Canada's urban lifestyle.

Experts say fundamen-

tal shifts in population and lifestyle — couples putting off marriage and children, workers rebelling against tiresome, traffic-clogged commutes — are pairing with a growing backlash against urban sprawl to spur one of the most pronounced and sustained real-estate booms in recent history.

THE CANADIAN PRESS



Westward is where Canada

► Canadians ride West but don't turn into cowboys ► 'We are becoming more cosmopolitan, not really frontier anymore': Newcomers centre director

Jay Palter's impression of life in Alberta was typical for a lifelong Toronto resident: Wheat fields, oil derricks and dusty cowboys riding off into the sunset.

After three years of living in Edmonton, it feels more like riding towards a new dawn.

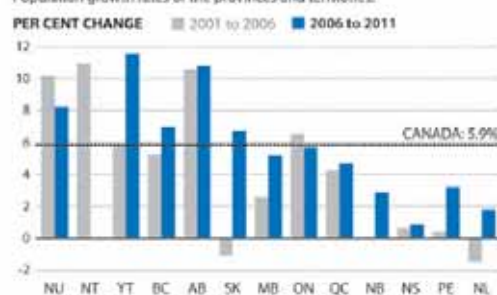
Nearly three years after saddling up his family and steering them across the country to Alberta's capital city, the 47-year-old social media strategist feels humbled and delighted by his decision to move to a place he happily calls diverse, multicultural — and home.

"In a way," Palter said, "being a westerner feels kind of like optimism about the future."

The sun is indeed rising on the West. Census numbers released Wednesday by Statistics Canada show that for the first time, more people live west of Ontario — in B.C., Alberta, Saskatchewan and Manitoba — than east of it, in

Provincial growth rates

Population growth rates of the provinces and territories:



SOURCE: STATISTICS CANADA

THE CANADIAN PRESS

Quebec and Atlantic Canada.

The numbers tell the story.

Alberta's ranks expanded at a rate of 10.8 per cent between 2006 and 2011, the highest of all the provinces and nearly twice the national average of 5.9 per cent. In Calgary, the growth rate was 12.6 per cent; in Edmonton, it was 12.1 per cent.

Growth in Manitoba

doubled to 5.2 per cent, thanks largely to an influx of more than 64,000 immigrants, twice the number who arrived during the previous five-year census period.

"The centre of gravity is shifting," said Harry Hiller, a sociology professor at the University of Calgary, whose 2009 book, *Second Promised Land*, documents how migration to Alberta, fuelled in large measure by

the bustling oil and gas industry, has transformed Canadian society.

Not surprisingly, the resulting shift in economic power has been a boon for the region's confidence, Hiller said. And when the relationship is a win-win for the region and its residents, the place can change a person in ways as subtle as an allegiance to a sports team or as profound as their personal politics.

"They really buy into the Alberta ideology," he said, "because they see how it's benefiting them."

The West's growing cultural influence in Canada is as apparent as the nearest television screen.

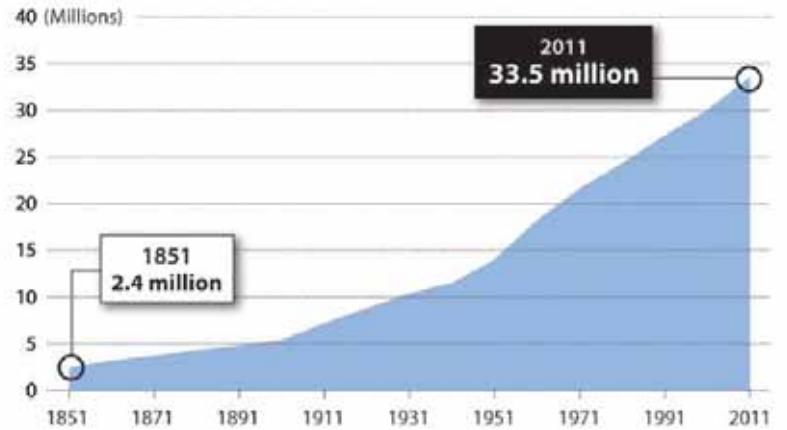
Corner Gas, Brent Butt's smash small-town Saskatchewan sitcom, is widely regarded as one of the most popular Canadian TV shows of all time. The show proved Canadians were thirsty for stories set in the West, said executive producer Virginia Thompson. **THE CANADIAN PRESS**



DAVID VAN DYKE/PHOTO ILLUSTRATION

Canada's population

A look at the Canadian population since 1851:



SOURCE: STATISTICS CANADA

THE CANADIAN PRESS

Metropolitan area growth

A look at the change in the population of Canada's Census Metropolitan Areas (CMAs):

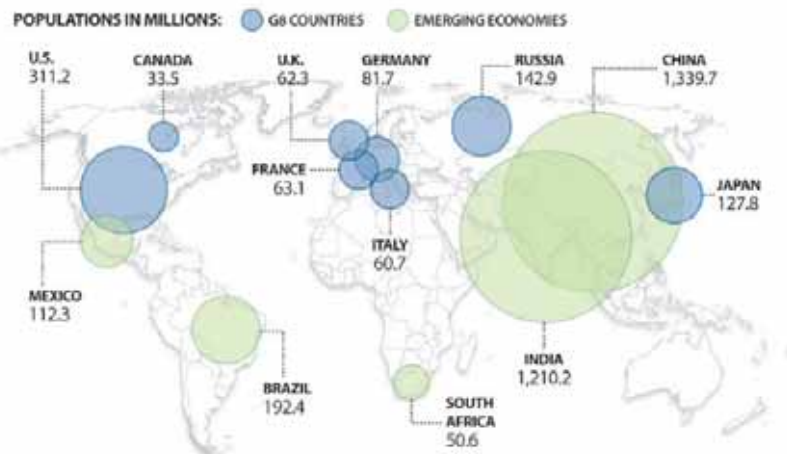


SOURCE: STATISTICS CANADA

THE CANADIAN PRESS

International comparison

Canada's 2011 population of 33.5 million people is the smallest among the G8 countries.



SOURCE: STATISTICS CANADA

THE CANADIAN PRESS

► Prime Minister Stephen Harper looks up from dishing out pancakes at Stampede breakfast in Calgary on July 10, 2011.



POLITICAL, ECONOMIC FOCUS SHIFTS WEST

The plane zipping Prime Minister Stephen Harper westward this week with a gaggle of journalists and corporate executives could be seen as a sort of metaphor for Canada's new demographic — and political — reality.

On his way to China, Harper flew over his own political heartland, the region that makes trade with Asia his government's new imperative.

The latest census results show that for the first time, more Canadians now live west of Ontario than east of the province — 30.7 per cent compared to 30.6 per cent. Yukon had the biggest growth spurt at 11.6 per cent between 2006 and 2011, followed by Alberta at 10.8 per cent, nearly double the national average.

THE CANADIAN PRESS

What's online

How has your area fared? Check out metronews.ca/census for more on the 2011 Census.

► Interactive map.

Have you thought lately more people are hogging your street parking spots? Check out our interactive map to find out if your area has had a boost in population.



► Pop quiz. You already know the most recent census has a distinctly Western flavour, but how is the rest of that data sitting in your brain? Take our online quiz to find out.

► Still not enough? Go online for additional stories, videos and more.

INDIAN SCANDAL

Ministers quit: Were all three watching porn?

Three government ministers in the southern Indian state of Karnataka resigned Wednesday.

But it wasn't because of a parliamentary vote or a matter of political principle.

They were accused of watching a pornographic video during an assembly session.

The right-wing Bharatiya Janata Party, which rules Karnataka, ordered the three ministers to quit after local TV channels aired footage of the men watching the allegedly pornographic clip while the state assembly proceedings

were going on.

The ministers denied they were watching pornography.

But they said they were resigning to save their party from embarrassment.

Television footage showed Laxman Savadi, minister for co-operation, watching the video clip on his mobile phone and then passing the phone to C. C. Patil, minister for women and child development.

The mobile phone belonged to the minister for ports, Krishna Palemar, who also resigned.

Savadi said he was watching a video clip of a rave party to prepare for a discussion in the assembly.

Soon after TV stations aired the footage, outraged residents of Bangalore, the capital of Karnataka, held protests outside the homes of the ministers.

THE ASSOCIATED PRESS



► China's newest heavyweight, Chun Chun, snoozes at a maternity hospital in Henan province.

Don't call him a little monster

► Chun Chun weighs in at 15.52 pounds ► Baby could set a China record

A mother in central China has given birth to a 15.52-pound baby.

The 29-year-old mother in Henan province gave birth to the boy in a cesarean operation, the

state-run Tianjin Post said.

Delivery took just 20 minutes and both mother and the baby, named Chun Chun, are doing fine.

The paper said Chun

Chun's parents are average size and there was nothing unusual about his mom's pregnancy or diet.

Guinness World Records says the heaviest newborn ever recorded

was born to an Ohio woman in 1879 and weighed 23.7 pounds.

Chun Chun is possibly the largest newborn on record since 1949.

THE ASSOCIATED PRESS

Living with a Disability?

Learn about the Registered Disability Savings Plan (RDSP), Grant and Bond

- How it will help people with disabilities and their families save for the future
- Who qualifies for the Government grant and/or bond
- How to apply
- Where to get more information

Attend A Free Information Session

Friday, February 17 • 1:30 p.m.

Northern Lights Canada Ottawa - Gloucester Shopping Centre
1980 Ogilvie Road, Suite 163 (near the Zellers Mall Entrance)

Call or visit us online to attend for a group or one-on-one session:

Sue Davie or Brad Scott at 1-800-361-4642

TTY 905-576-3129 • www.northernlightscanada.ca

This session will be delivered in English and French.



Funding for these information sessions is provided by the Government of Canada.
Ces séances d'information sont financées par le gouvernement du Canada.

FRENCH, ENGLISH as a SECOND LANGUAGE



PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

NEW! Level 9+ Advanced conversation workshop

April 10 to June 30, 2012

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

April 10 to June 30, 2012

Evenings: 6 pm to 9 pm

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

February 13 to March 9, 2012

Level 1 and 3 - 9 am to noon;

Level 2 and 4 - 12:30 pm to 3:30 pm;

Level 5 and 6 - please check our website

March 19 to April 13, 2012

Level 1 and 3 - 12:30 pm to 3:30 pm;

Level 2 and 4 - 9 am to noon;

Level 5 and 6 - please check our website

FEES: \$30.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191



CONSEIL DES
ÉCOLES CATHOLIQUES
DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner



www.educationpermanente.ca

PUBLIC INVESTOR NOTICE

30K Condos in Florida, Arizona & Las Vegas
Exclusive to Canadian Residents!

ATTEND MILLIONAIRE MENTOR
GROUP'S FREE 2 HOUR SEMINAR



Now Canadians can buy...U.S. REAL ESTATE at 70% OFF!



MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize **Marc Ramsey** for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment. Marc just purchased a 44 unit apartment complex with three separate buildings for a mere \$150,000. Once the rehab is completed, Marc will still be under \$500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over \$200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.

You don't need cash, credit or experience to take advantage of the incredible opportunity. You just need the desire to own your own personal real estate **CASH COW**. Attend this FREE 2 hour seminar and find out how you can own up to 10 investment properties in the U.S. for pennies on the dollar. Why not put \$30,000 in your pocket each month? **Take advantage of the U.S. GOLD RUSH** just like so many other fellow Canadians.

At this **FREE 2 hour seminar** you'll learn how to spot, finance and create instant cash flow on any one of many MLS properties available.

Learn How to Access Condos in Florida, Arizona & Las Vegas at Free Seminar



Apartment Building
"30 units"
Extreme Price Reduction
\$130,000



Condo in ORLANDO
2 bed, 2 bath
Extreme Price Reduction
\$30,000



Condo in ORLANDO
1 bed, 2 bath
Extreme Price Reduction
\$30,000



Condo in KISSIMMEE
2 bed, 2 bath
Extreme Price Reduction
\$31,800



Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
\$34,000



Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
\$29,900



VACATION GETAWAY! 3 Days/2 Nights! WHEN YOU ATTEND

All Attendees will Receive a FREE MP3 PLAYER & INSIDERS HOT LIST!



**PLUS FREE
E-BOOK!
when you REGISTER
NOW!**

Millionaire Mentor Group presents...

CALL NOW 1.800.866.8614

register online at www.SpecialPublicAnnouncement.ca

OTTAWA
Friday, February 10
2 pm or 7 pm
HOLIDAY INN SUITES
OTTAWA
101 Kanata Avenue

OTTAWA
Saturday, February 11
10 am or 2 pm
WESTIN HOTEL
OTTAWA
11 Colonel by Drive

OTTAWA
Sunday, February 12
10 am or 2 pm
**BEST WESTERN PLUS
BARONS HOTEL**
3700 Richmond Road

Eleven-death van ran stop sign

NATHAN DENETTE/THE CANADIAN PRESS

► Driver had only G licence: Police
 ► Crash 'did not have to happen'

The crash that "did not have to happen" began with a tragic driver error.

The van carrying 13 migrant workers from Peru ran a stop sign at a rural Ontario intersection, police said Wednesday.

It was broadsided by a truck and the "violent" impact killed 11 people.

What's more, the driver — one of the workers killed in the crash — had an Ontario driver's licence but not the type required to drive a van of that size, investigators said.

Ontario law requires the driver of a vehicle that transports more than 11 passengers hold at least a Class F licence. But the driver had only a regular G licence.

"This crash did not have to happen," said Chief

Sad anniversary

► The driver of the truck that was hit — Christopher Fulton, 38, from London — was killed. His employer, Speedy Transport CEO Jared Martin, said Fulton was celebrating his 11th wedding anniversary on the day of the crash.

Supt. John Cain of Ontario Provincial Police. "These lives did not need to be lost."

The horrific accident happened in the tiny hamlet of Hampstead.

When paramedics and volunteer fire crews arrived at the scene, five people were already dead. The others died while paramedics tried to save them.

THE CANADIAN PRESS



► Samaria Enamorado, right, whose husband was one of the 11 workers who died, lays flowers at the Hampstead crash scene with her relatives.

semaine de mode
 ottawa
 fashion week

february 17, 18, 19
 twenty twelve



ottawafashionweek.ca

THE WESTIN
 OTTAWA



SALE ENDS
FEBRUARY 23, 2012



The hottest BlackBerry® smartphone sale.



Also available in black.

BlackBerry® Curve™ 9360 smartphone

SALE \$0 ~~\$49⁹⁹~~
3 year term on any plan
\$349⁹⁹ no term



Also available in black.

BlackBerry® Torch™ 9810 smartphone

SALE \$0 ~~\$129⁹⁹~~
3 year term on any \$50 plan
\$599⁹⁹ no term



BlackBerry® Bold™ 9790 smartphone

SALE \$0 ~~\$99⁹⁹~~
3 year term on any \$50 plan
\$479⁹⁹ no term



BlackBerry® Bold™ 9900 smartphone

SALE \$49⁹⁹ ~~\$169⁹⁹~~
3 year term on any \$50 plan
\$629⁹⁹ no term

Pick from even more BlackBerry® smartphones at telusmobility.com/sale

Pair it with any
Promo Voice & Data Plan

- Worry-free flex data that automatically adjusts to your data usage
- UNLIMITED nationwide talk with your 10 favourite numbers*
- UNLIMITED text, picture and video messaging†

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.



BLACK
WINDRIVER

FUTURE SHOP

MOBILE SHOP
Exclusively where President's Choice® products are sold.

Walmart

TELUS STORES & AUTHORIZED DEALERS

Ottawa	St. Laurent Centre	1333 Michael St	2269 Riverside Dr	Kanata	Orleans	Stittsville
Bayshore Shopping Centre	100 Trainyards Dr	1568 Merivale Rd	2950 Bank St	450 Kanata Ave	110 Place D'Orleans Dr	1300 Stittsville Main
Carlingwood Shopping Centre	1200 St. Laurent	215 Slater St	424 Catherine St		4312 Innes Rd	
Rideau Centre	1255 Coldrey Ave	2160 Montreal Rd		Nepean		
				129 Rlocan Ave		

Offers available until February 23, 2012. TELUS reserves the right to modify eligible rate plans with these offers at any time without advance notice. *Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and are subject to additional roaming and/or international charges. You may change the five numbers once per billing cycle by visiting telusmobility.com. †Premium messages are not included. An additional 15¢ charge will apply for each text message or attachment sent outside of Canada and the US. Text messages sent or received while roaming internationally will be charged at 60¢/message. TELUS, the TELUS logo and telusmobility.com are trademarks of TELUS Corporation, used under licence. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2012 TELUS.



► Pedestrians walk next a beggar in central Athens on Wednesday. Greece's coalition government is poring over a draft austerity plan demanded by its creditors to continue providing rescue loans to the debt-crippled country.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece balks at deep pension cuts

► With national elections looming, still unclear whether coalition parties will accept austerity plan

Crucial talks to discuss austerity cuts in Greece broke down after eight hours Wednesday as leaders of the three parties backing the country's coalition government failed to agree to demands from international creditors for substantial cuts to state and private pensions.

Papademos left the meeting to negotiate with the 'troika' of Greece's creditors — the European Union, the European Central Bank and the International Monetary Fund — on the cuts needed for Greece to reach the fiscal targets prescribed by the troika for 2012. He is joined in the negotiation

22%
Among the proposals the leaders did accept is a 22 per cent cut in the gross monthly minimum wage from 751 to 586 euros.

by Finance Minister Evangelos Venizelos and Labor Minister Giorgos Koutroumanis.

A statement issued from office of Prime Minister Lucas Papademos' office says that the Prime Minister and the three leaders — socialist George Papandreou, conservative Antonis Samaras and right-wing

populist Giorgos Karatzaferis — "agreed on all points (presented by the creditors) except one which calls for further discussion and elaboration with the troika."

At stake is a 130 billion euro (\$172 billion) bailout that is vital if Greece is to avoid bankruptcy as early as late March.

The leaders' talks hit a snag over a 300 million euro gap in cuts needed to reach the 2012 fiscal target. The troika has proposed cuts in supplementary state and private pensions above a threshold level of 150 euros. Private pensions in Greece are state-guaranteed. **THE ASSOCIATED PRESS**

Nokia ends phone assembly in Europe

Nokia Corp. plans to stop assembling cellphones in Europe by year-end as it shifts production to Asia and will cut another 4,000 jobs, its latest attempts to cushion itself from stiff competition in the smartphone sector.

The Finnish company said Wednesday it will make the new job cuts at three plants in Finland, Mexico and Hungary this year as it reorganizes global manufacturing operations to compete better with the likes of Apple's iPhone and handsets using Google's Android operating software.

The cuts come on top of nearly 10,000 layoffs announced last year.

Nokia said it had increasingly shifted cellphone assembly from Europe to Asia, where the majority of component suppliers are based, to help it reach markets



► Employees leave a Nokia plant at the end of their shift in Komarom, Hungary, on Wednesday.

CSABA KRIZSAN/THE ASSOCIATED PRESS

faster. The company said it would not close the three factories, however.

"There will be no assembling of mobile phones at our plants in Europe after this," Nokia spokesman James Etheridge said. "We plan to focus product assembly at our plants in Asia where the majority of our suppliers are based,

while our facilities in Salo, Komarom and Reynosa will focus on the software-heavy aspects of the production process."

Nokia said the shift to Asia would enable it to introduce innovations into the market more quickly and "ultimately be more competitive."

THE ASSOCIATED PRESS

U.S. teams with Europe to fight tax evasion

The United States and five European nations are pledging to crack down on global tax evaders.

The Treasury department said Wednesday that the U.S. government has signed a joint agreement with France, Germany, Italy, Spain and the United King-

dom to intensify their efforts to fight international tax evasion.

The Treasury department also announced that the Internal Revenue Service is publishing proposed rules investors will have to follow in reporting on earnings from foreign bank accounts.

The regulations were required under a 2010 law Congress passed aimed at cracking down on taxpayers using foreign accounts to avoid paying U.S. taxes.

THE ASSOCIATED PRESS

Air France strike cancels flights

Air France cancelled up to 40 per cent of its long-distance flights Wednesday because of a strike by pilots and other personnel over their right to hold unannounced walkouts.

The airline is recommending that passengers postpone any flights planned through Friday.

THE ASSOCIATED PRESS

STRESSED ABOUT DEBT?



More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225
bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP, BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.





+



+



Bell saving
just got
better

Bundle prices that can't be beat.

New bundles from Bell offer unbeatable prices on home services. Now you can get spectacular TV, always fast Internet access¹ and the most reliable Home phone², all for the lowest prices on the market.

1 877 740-0061 • Visit a Bell store or The Source • bell.ca/bundles

	Good	Better	Best
	FROM \$62 /MO. for 6 months *111 ^{MO} thereafter ³	FROM \$103 /MO. for 6 months *156 ^{MO} thereafter ³	FROM \$130 /MO. for 6 months *189 ^{MO} thereafter ³
Spectacular TV	Popular networks		
	Specialty channels		
	Movies		
Always fast Internet access ¹	Up to 16 Mbps		Up to 25 Mbps
The most reliable Home phone ²	Unlimited provincial calling ⁴		
	5 calling features ⁵		
Ongoing monthly savings for comparable cable services ⁶	\$21	\$18	\$16

All monthly fees included. A one-time \$29.95 activation fee applies. No installation fee for TV with a 2-year contract term.⁷

PLUS • Free HD PVR rental for 36 months, choose to keep it after at no charge⁸
• Free Wireless Home Network always included.

Available at the following
Bell stores:

ARNPRIOR
6 – 75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
1775 Courtwood Cr.
Billings Bridge Plaza
Carlingwood Shopping Centre
Rideau Centre
St. Laurent Shopping Centre
St. Laurent Shopping Centre
(kiosk)

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471 – B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

STITTVILLE
1250 Main St.



Current as of January 31, 2012. Offers end February 18, 2012. Available to new residential customers in Ontario, where access and line of sight permit, who continuously subscribe to Bell TV, Internet and Home phone. Receivers may be new or refurbished at Bell's choice. Not combinable with any other offers. E-billing at no charge; paper bill available (\$2/mo.). Subject to change without notice; taxes, additional fees and restrictions apply; see bell.ca/bundles. Upon early termination, price adjustment charges apply. Home phone: Available where not CRTC-regulated. Service area charge (\$3) may apply; see bell.ca/serviceareacharge. Internet: One-time modem rental fee required; waived for new customers. Good and Better bundles usage 65 GB/mo., Best bundle usage 100 GB/mo.; \$1/additional GB (max. \$80) or \$5/mo. for 40 additional GB if chosen by client. (1) Applies to the access between the customer's modem and switching equipment from Bell. Speeds may vary with your configuration, simultaneous use of IPTV (if available), Internet traffic, server, applicable network management or other factors; see bell.ca/internet. (2) Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable telephony and based on continued service during extended power outages at customer's home. (3) All prices include the recurring \$15 bundle discount. Promotional \$81.85 Good bundle monthly price; \$110.41 less \$48.56 discount for months 1 to 6. Promotional \$102.30 Better bundle monthly price; \$155.86 less \$53.56 discount for months 1 to 6. Promotional \$129.11 Best bundle monthly price; \$188.18 less \$59.07 discount for months 1 to 6. (4) Applies to direct-dialed outboard calls originating and terminating within your province, excluding toll-free calls. (5) Visual Call Waiting counts as 2 features. (6) **Good bundle:** savings based on main cable provider's regular \$131.58 monthly price; Home phone Essentials (\$26.91, less \$2.65 bundle discount); Express Internet (up to 12 Mbps down and 1 Mbps up vs 16 Mbps down and 1 Mbps up for Fibre 16) (\$46.99, plus \$7 hardware rental, less \$4.70 bundle discount) and TV Digital Basic (\$35.96 plus \$25.32 HD PVR rental less \$3.25 bundle discount). **Better bundle:** savings based on main cable provider's regular \$173.86 monthly price; Home phone Deluxe (\$41.91, less \$4.15 bundle discount); Express Internet (same as Good bundle) and TV Digital VIP (\$67.89 plus \$25.32 HD PVR rental less \$6.40 bundle discount). **Best bundle:** savings based on main cable provider's regular \$204.70 monthly price; Home phone Deluxe (\$41.91, less \$4.15 bundle discount); Extreme Internet (up to 24 Mbps down and 1 Mbps up vs 25 Mbps down and 7 Mbps up for Fibre 25) (\$59.99, plus \$7 hardware rental, less \$6 bundle discount) and TV Digital VIP & Movies (\$89.12 plus \$25.32 HD PVR rental less \$8.49 bundle discount). (7) TV: Without a term, \$100.49 installation fee for 1 receiver applies. With a 2-yr term, \$0 installation fee for up to 4 receivers. Includes satellite installation, receiver setup and connection to your TV; see bell.ca/installationincluded. \$80.75 installation fee for each additional receiver. Internet: conditions apply; see bell.ca/fairinstall. Home phone: installation includes one jack where none present. (8) \$0 rental of HD PVR based on \$13.86 monthly rental fee, less a \$13.86 monthly credit. All charges will appear on your monthly Bell TV invoice. Available to new Bell TV residential subscribers with continued subscription to three eligible Bell services. If you rent for 36 consecutive months, you may choose to take title to and own the receiver by notifying Bell TV within 30 days of receiving your final invoice. You may terminate your rental at any time without termination fees provided you return the receiver. Early termination fees may apply to the programming portion of your account if you also terminate your programming. Receiver warranty of 39 months. CTV is a registered trademark of Bell Media Inc.

Airlines adopt all-in pricing

► Changes come before expected laws requiring more honest airfare ads

Canada's largest airlines have all launched all-inclusive pricing efforts that make it easier for passengers to determine the actual cost of flying.

Air Canada began on Wednesday to advertise prices that show the final cost of a ticket by combining the extra charges that have been left out in the past.

Porter Airlines, which flies regional planes mainly from its base at Toronto City Centre airport, said it would begin to advertise the total cost of a flight on Friday.

They join WestJet Airlines, which began to advertise all-in fares in January.

The new pricing structure will factor in all the fees, surcharges and taxes that customers wind up paying, which in some cases can virtually double the posted price of airline tickets.

The extra amounts include Nav Canada fees, airport-improvement charges, fuel surcharges, insurance and air-security charges.

Consumers also have to add taxes — GST or HST, and possibly sales tax or other taxes depending on the province or country.

Air Canada launched its new all-in fare policy as it unveiled a seat sale marking its 75th anniversary. **THE CANADIAN PRESS**



► A WestJet plane takes off from the international airport in Calgary.

WestJet adds regional airline

WestJet confirmed Wednesday it will launch a low-fare, no-frills regional airline, intensifying competition in smaller domestic markets with rival Air Canada for business- and leisure-class travellers.

The carrier is expected to launch before the end of 2013. **THE CANADIAN PRESS**

Murdoch group still facing more lawsuits

Rupert Murdoch's News International has settled nearly all the cases against the company in the first wave of lawsuits for phone hacking by its journalists, with a new round of apologies and payouts announced Wednesday in a London court.

But a potentially damaging claim lodged by British singer Charlotte Church is still headed to trial later this month and a wave of new lawsuits — as many as 56 in all — is looming.

News International, a division of News Corp., has tried hard to keep phone hacking cases from going to trial, launching its own com-



► Charlotte Church

pensation program overseen by a respected former judge and paying out millions of pounds in all in out-of-court settlements for

about 60 cases.

On Wednesday, lawyers announced that nine more lawsuits filed on behalf of about a dozen different people had been settled, including cases brought by comedian Steve Coogan and former soccer star Paul Gascoigne.

The lawsuit by Church, a former child singing prodigy, heads into court Feb. 28.

Murdoch had the singer perform at his wedding when she was 13.

Church testified that Murdoch's newspapers had spent years tormenting her, often while she was just in her teens, blowing her credibility "to bits" and damaging her career.

THE CANADIAN PRESS

PENSION REFORM

Budget watchdog says OAS is sustainable

The demographic time bomb that will hit Canada once the baby boomers retire won't cause a fiscal crisis, the country's budget watchdog says.

In fact, Parliamentary Budget Officer Kevin Page says the federal government has enough fiscal room to enrich benefits for seniors and cut taxes, or increase spending elsewhere, without breaking the bank.

The new report from the PBO released Wednesday suggests that the de-

bate over Old Age Security reform should be about priorities, not necessity as the Harper Conservatives have so far framed it.

Prime Minister Stephen Harper set off a political firestorm at a speech in Davos last month when he put pension reform on the table as part of the government's agenda to transform Canada's economy.

Since then, ministers have used terms like "crisis" to defend the need to tackle pension benefits as the number of seniors collecting OAS doubles over the next 20 years.

One option the government is looking at is to raise the age of eligibility for benefits to 67 from the current 65.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
+ 8.61 (12,521.02)	- 13¢ (100.39¢ US)	+ 30¢ US (\$98.71 US)	\$2.45 US (- 2¢ US)
			Gold
			\$1,731.30 US (- \$17.10 US)

PRICES AS OF 5 P.M. WEDNESDAY

Dell launches new VOIP app

Canadians frustrated with astronomical mobile service bills now have a free alternative in a new app being offered by Dell.

The company has partnered with Fongo to launch Dell Voice, a voice-over-Internet-protocol product that allows free calling almost anywhere within Canada over a Wi-Fi or mobile da-

ta connection, rather than eating into a user's allotment of mobile minutes.

Dell says one minute of talk time uses about one megabyte of data.

Users get their own free phone number to accept incoming calls and the service also includes free voice mail, caller ID and call waiting.

The only catch is that users will be exposed to ads while using the app.

THE CANADIAN PRESS

Harper hails 'strategic importance' of China deal

The conclusion of 18 years of talks with the Chinese for an investment protection deal marks a historic step forward in Canada-China relations, the prime minister said Wednesday.

At the end of his first full day in China, Stephen Harper held up the foreign investment promotion and protection deal as the result of legwork to repair a bruised relationship between the two

countries.

"My sense is the willingness of the Chinese to conclude this agreement indicates to me that they do put increasing strategic importance on two-way investment between our countries," he told reporters.

A foreign investment promotion and protection deal, or FIPA, gives foreign investors assurances they'll be treated the



► Foreign Minister John Baird, left, speaks to Prime Minister Stephen Harper while standing next to Chinese Premier Wen Jiabao in Beijing on Wednesday.

same as domestic companies and allows for arbitration at an international tribunal-type body in dis-

putes.

Details of the agree-

ment were not released. It still has to undergo legal review by both countries and be ratified before it can come into force. In Canada, that will include debate in the House of Commons.

The deal was one of several signed on Harper's first full day of a three-city tour of China, his second visit since being elected prime minister.

THE CANADIAN PRESS

ONLINE DATING FOR DUMMIES

HE SAYS ...

JOHN MAZEROLLE
METRO



The journal Psychological Science in the Public Interest has released a study of Internet dating with results that I think will be astonishing to anyone who lives in a cave at the bottom of the sea without Wi-Fi.

Well, duh #1: Internet dating is popular.

Well, duh #2: Men initiate more than women, and both sexes use an unhelpful "shopping" mentality that highlights looks and interests.

Well, duh #3: Sites that claim to be able to match

you based on chemistry are eBaloney.

But the smarmy old man seems so trustworthy! And all those happy couples standing in white rooms!

I do use a dating site with a matching algorithm, but it's not hard to tell a poor match. For instance, I avoid self-anthropologists who catalogue every instance of themselves looking into a bathroom mirror. I'm intimidated by that level of dedication.

Well, duh #4: It's better to meet in person than chat endlessly online.

OK, one thing did surprise me.

The researchers said meeting in person was better than meeting online, and I thought, "Well, you can do both."

But then I saw that the average e-dater spends 12 hours a week online looking for a mate. Here's where, "Well, duh" gives way to "WTF!" (That's a research term meaning Weighty Transformational Fact.)

That much time online seems particularly tentative in an era where a "date" is cup of coffee or, if you're jumping in with both feet, a walk.

Gosh, after 12 hours, you could have 23 hilarious rejection stories and one glorious success.

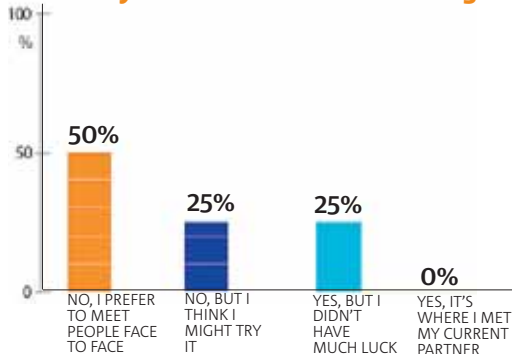
No matter where you meet it's important to get out there, meet face to face and ignore the nitpicking that might be keeping you from noticing the love of your life! Unless they don't know the proper usage of your and you're. In which case they're useless.

Well, duh.



Register at
metropolitanpanel.ca
and take the quick poll

Have you ever tried online dating?



Local tweets



- ▶ @SensDew19: hahahaha if Ottawa hockey fans weren't complaining enough about #Sens playing in Kanata, now we're going to have #67s fans complaints too
- ▶ @GeeGees12: OC Transpo rent-a-cops just raided my bus asking everyone for proof of payment, first time it's ever happens since I've been in Ottawa!!
- ▶ @OniJoseph: The bus driver said my stop was one block away....not! Thank
- ▶ God I rock the Parka and Mukluks. #octranspo #ottawa
- ▶ @jggdbout: Occasional blasts from construction site in front of my office on Slater/Elgin makes it exciting. Feels like I'm in a war zone. #ottawa
- ▶ @keri_lotion: #Ottawa, I am in you and ready to Winterlude it up!
- ▶ @couillardf: Generations unite!: I'm looking forward to an evening out with my teenage son to see Deep Purple in #Ottawa tonight
- ▶ @bkenz: Somedays all I can smell in Ottawa is shwarma #gross #garlic

Daily Zoom



'Whale' points to species' woes

LONDON. There she blows! An 11-metre "whale" floated down the Thames Wednesday to highlight the plight faced by the western gray, one of the world's most endangered whales. Numbering 130 strong with only 26 breeding females left, this whale species is "teetering on the edge of extinction," WWF says. ● MWN

"We're calling on the banks to take action and oppose the plans."

COLIN BUTFIELD
WWF'S HEAD OF CAMPAIGNS

THE WHALE WAS TOWED DOWN TO CANARY WHARF, ONE OF LONDON'S FINANCIAL CENTRES, TO CHAMPION WWF'S CALL ON EUROPE'S BIG PROJECT LENDERS, INCLUDING BNP PARIBAS AND CREDIT SUISSE, TO OPPOSE PLANS TO BUILD A THIRD RIG.

Oil rigs threaten whales' status

PETROLEUM. The campaign group claims oil and gas drilling threatens the western gray's main feeding ground. Two oil rigs exist near the whales' refuge off the coast of Sakhalin Island in the Russian Far East. Plans for a third rig were not included in the plan's original environmental assessment, WWF says. ● MWN

Remembering the real whale

HISTORY. It's been six years since Londoners were enthralled by the sight of a real whale in the Thames. The northern bottlenose swam upstream after apparently losing her way. Medics' rescue attempts were followed by millions worldwide, not least by the thousands who flocked to the banks of the Thames to watch. ● MWN

Westend Automotive.com

613.836.6786

5872 HAZELDEAN RD. OTTAWA

NO PAYMENTS TILL JULY 2012!

NO **MONEY** DOWN!

4.99% Financing O.A.C.
Payments to fit everyone's budget

CALL FOR PRE-APPROVAL

**2007
HYUNDAI
SANTA FE**



\$15,555

\$155.55 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 117611

**2007 FORD
MUSTANG
CONVERTIBLE**



\$13,995

\$139.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 313043

**2007
DODGE
DURANGO SLT**



\$13,888

\$138.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 514100

**2005
DODGE RAM
1500 4X4**



\$13,777

\$137.77 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 279857

**2009 FORD
RANGER
SPORT**



\$12,888

\$128.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: a02716

**2007 JEEP
COMPASS
SPORT**



\$12,888

\$128.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 383450

**2008
MAZDA
TRIBUTE LX**



\$11,888

\$118.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: m14542

**2008
FORD ESCAPE
XLT**



\$11,777

\$117.77 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: c04016

**2008
MAZDA 3
GX**



\$10,995

\$109.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 118069

**2007
JEEP LIBERTY
SPORT**



\$10,995

\$109.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 519182

**2008
DODGE
AVENGER R/T**



\$10,995

\$109.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 108550

**2008
PONTIAC VIBE
SPORT**



\$10,888

\$108.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 412559

**2007 FORD
FIVE HUNDRED
SEL**



\$10,888

\$108.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 127523

**2009
FORD
FOCUS SE**



\$10,888

\$108.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 175491

**2008
CHEVROLET
MALIBU LS**



\$10,888

\$108.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 185250

**2007
VOLKSWAGEN
GOLF 2.0**



\$10,495

\$104.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 008189

**2010
CHEVROLET
AVEO LS**



\$9,995

\$99.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 130875

**2008
PONTIAC
GRAND PRIX**



\$9,995

\$99.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 163523

**2006
NISSAN
ALTIMA 2.5S**



\$9,444

\$94.44 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 186389

**2008
CHEVROLET
COBALT LS**



\$8,995

\$89.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 124596

**2007
CHEVROLET
OPTRA 5 LT**



\$8,888

\$88.88 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 656062

**2004
DODGE
DAKOTA**



\$7,995

\$79.95 BI-WEEKLY
Bi-weekly payments based
upon 4.99% over 72 months
STK: 747336

200 MORE VEHICLES AT WESTENDAUTOMOTIVE.COM

Applicant must qualify for 6 months. No payments based on accepted credit from lender. monthly interest applies starting at 4.99% variable. Interest rates range from 4.99% to 29.9% OAC. Financing example: \$9,995 at 60 months at 4.99% cost of borrowing is \$1,649.95 equals \$99 bi-weekly for total obligation of \$12,988.30 OAC. Down payment may be required. All prices subject to applicable tax.



► The Sam Roberts Band returns to Ottawa for a performance at the NAC this weekend

Playing the name game

► Front man wants it known that it is, in fact, the Sam Roberts Band ► In Ottawa for a show

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



When his fifth album *Collider* was released last May, Sam Roberts fans and critics alike noticed one fairly obvious difference; the album was the first to be released under

the name Sam Roberts Band instead of just Sam Roberts.

"It wasn't like we sat down and had a meeting to deliberate it for very long," he says with a laugh. "We just decided to call it the Sam Roberts Band on the record so it's all official."

To Roberts and his band mates, it's always felt that way.

"It's the first time that it's been on the album cover but, as a band on stage,

Details

When is the show?

► **Event:** Don't miss the Sam Roberts Band, with special guest Zeus, at the NAC (53 Elgin St.) on Saturday at 8 p.m. Tickets start at \$36 through the NAC Box Office.

we've referred to ourselves as the Sam Roberts Band pretty much since the be-

ginning," he says.

"It wasn't exactly a massive leap for us to take. In fact, it just made us think about why we hadn't done it sooner."

This weekend, the Sam Roberts Band makes its highly anticipated return to the Capital for a performance at the NAC. The last time the band was in Ottawa, they were playing for hundreds of thousands of people on Canada Day, including the Duke and Duchess of Cambridge.

"I've never seen that many people on Parliament Hill before. And yet, for most of our performance, I could only think of the two people sitting to my left in the Royal box," he says.

It was an experience the Sam Roberts Band won't soon forget.

"It's definitely one of those milestones that end up defining your career," admits the front man. "It's become a bit of a conversation piece."



Signed ball



The Minnesota Twins announced Tuesday it will auction off a baseball autographed by reality starlet Kim Kardashian and her ex-husband Kris Humphries. They signed the ball before a Twins game last July, when Humphries threw out the ceremonial first pitch.

THE ASSOCIATED PRESS



Golden Collars nothing to sniff at; Hollywood's new award gets A-list attention

YOU COULD
WIN A
BREAKING DAWN
BLU-RAY™ PRIZE PACK!
AVAILABLE ON DVD, BLU-RAY™ & DIGITAL DOWNLOAD FEBRUARY 11

To register and for full contest details visit clubmetro.com

VISIT **club metro .com** TO ENTER

TM & © 2011 SUMMIT ENTERTAINMENT LLC. ALL RIGHTS RESERVED.

Straight outta 212

► Azealia Banks, the Harlem rapper with a sweet smile and filthy mouth, has everyone talking ► At just 20 years old, her fame is on the upswing



PAT HEALY
SCENE@METRONews.CA
METRO WORLD NEWS IN NEW YORK

The 411 on 212

Azealia Banks was excited to learn that Karl Lagerfeld is a fan of hers and hand-picked her for a recent project. "I was telling Kanye (West) about it, and Kanye was like, 'Wow, that's pretty legit,'" she says.

Banks, 20, speaks at the same rapid pace as she raps — her rat-a-tat delivery has resulted in two million-plus views of her YouTube hit video 212. The Harlem, New York, native says she can feel the momentum of her increasing fame, but is very conscious to keep it in perspective. "People are starting to recognize me, but it's not quite surreal yet," she says. "I don't feel like I've had that moment where thousands of people are screaming back at me."

That moment is all but guaranteed, as earlier this year she was the first artist announced to perform at the Coachella festival in April.

The "s—" she must top

When 212 hit YouTube this past September, word quickly spread of the gritty black and white video and the sexy girl in pigtails with the huge smile who spits raunchy lyrics (unprintable here).

She's currently working on her full-length debut, which she hopes to have

When 212 hit the web, it quickly racked up millions of hits, with many viewers speculating about the identity of the subject of the song, who Banks viciously says she is going to "ruin."

The most popular theory is that the threat was directed at Nicki Minaj, who attended the same high school as Banks several years before. Banks says the lyric concerns a different LaGuardia High School alum. "It's about me," she says. "There was just a lot of s— that was going on."

out by May.

"Some of the songs are there, but I don't have enough heat, especially with how quickly 212 caught on and blew up," she says. "That's the s—I have to top. I have to compete with myself now."

What sets Banks apart from most other MCs is the wide range of styles she has already demonstrated.

Sure, other hip-hop artists may sample some indie rock from time to time, but is there anybody else working within the genre that would cover an Interpol song?

"It's just that I like what I like," she says.



► Azealia Banks

Battling darkness

► Hair-metal revival band gets its act together and embarks on first North American tour in eight years



► The Darkness kicked off a North American tour in Toronto earlier this month.



LINDA LABAN
SCENE@METRONews.CA
METRO WORLD NEWS IN BOSTON

It might not be the most famous of Brit rock brotherly disharmonies, but the Darkness' singer Justin Hawkins and his guitarist brother Dan have had their fair share of sibling incivility. The brothers' lack of good communication was certainly one cause for such a long hiatus for the band. "There's a lot of stuff that we were getting bogged down in, and that was just not worth it, you know," Justin says via phone just after completing a sold-out autumn tour in the U.K. "The whole 'life's too short' thing is a good lesson, really," he says.

A 13-date North American tour — the band's first trek to the U.S. in eight years — kicked off in Toronto earlier this month. So far, after reuniting for Britain's Download Festival last June, it has been a triumphant return. But it was triumph that factored into the band's original problems. After exploding in 2003 with their big hit, a catchy pop metal piece called I Believe In A Thing Called Love, things went haywire. Reports of Justin's overindulgence in rock 'n' roll's mythical pleasures were rife, but the falsettoing frontman says it's the simple life for him from now on. "When you have a simple existence and it's just about music, then you do great work."



BANK OF CANADA
BANQUE DU CANADA



The Currency Museum is inviting you to help us kick off Winterlude with Fur Trade Days—featuring fun workshops and hands-on family activities.

SATURDAY, 11 FEBRUARY

English
14:00

French
15:00

Millinery presentation by Ruth Miller—see how to shape felt hats and learn why beaver pelts were so prized in the hat-making industry of centuries past.

Currency Museum of the Bank of Canada
245 Sparks Street, Ottawa, ON K1A 0G9
www.currencymuseum.ca

SATURDAY, 18 FEBRUARY

English
14:00

French
15:00

Felt making workshop—visitors will be making small felt squares using roving wool.

FREE ADMISSION
NO REGISTRATION
REQUIRED



comwave Home Phone

Happy Valentine's Day

All Features
FREE



Home Phone
starting from
\$14⁹⁵
/month

All Features Free Including:
Caller ID , Call Forwarding, Voice Mail , Call Waiting
... and much more

Unlimited Local

Unlimited local calls plus
over 14 FREE features



\$14⁹⁵
/month

Unlimited Canada

All the features FREE plus
unlimited Canada wide
long distance



\$19⁹⁵
/month

Unlimited Global

Unlimited long distance to
almost 60 countries plus
all features FREE



\$29⁹⁵
/month

Limited time offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!



comwave

613-216-6096

www.comwave.ca



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINE'S with 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Northwest Territories, Alaska and Hawaii. The 6 Month Free Promotion is based on a 911 line and includes a 90 Day Satisfaction Guarantee period. The Global Plan includes a 30 Day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply, see www.comwave.ca for details.

Lagerfeld addresses Adele fury

► Designer made waves when he was quoted as calling singer 'a little bit fat'

Karl Lagerfeld has responded to the frenzy surrounding his recent comments about British singer Adele's weight — exclusively to Metro International.

Lagerfeld, who served as the global guest editor of this newspaper on Tuesday, told us: "I'd like to say to Adele that I am your biggest admirer. Sometimes when you take a sentence out of the article it changes the meaning of the thought. What I said was in relation to Lana Del Rey and the sentence has since been taken out of context from how it was originally published."

"I actually prefer Adele, she is my favourite singer and I am a great admirer of



► Adele



► Karl Lagerfeld

her. I lost over 30 kilos over 10 years ago and have kept it off. I know how it feels when the press is mean to you in regards to your appearance. Adele is

a beautiful girl. She is the best. And I can't wait for her next CD."

Lagerfeld was quoted as calling the singer "a little bit fat" in response to a

question about singer Lana Del Rey.

The controversial statement made headlines worldwide.

● KENYA HUNT

Brand keeps it classy?

An attorney for Russell Brand reportedly filed finalized divorce papers in Los Angeles this week, according to TMZ.

And although Brand and Katy Perry reportedly did not sign a prenuptial agreement — meaning Brand could easily go after half of the fortune Perry earned during their 14-month marriage — sources say the British comedian has no intention of going after her money.

"This divorce is as ami-



► Russell Brand

cable as it gets," one source tells the website. According to Forbes magazine, Perry earned \$44 million between May 2010 and May 2011.

● METRO

Simon says Beyoncé, Mariah not considered for X Factor

Simon Cowell is taking on some of the blame for the perceived lacklustre performance of the American X Factor, claiming his natural boastfulness worked against him.

"It's only because I opened my big mouth and said we were going to get 20 million (viewers). If I hadn't said that, everybody would be saying the show was a huge success," Cowell says, according to



► Simon Cowell

Hollyscoop.

As for replacing excused judges Paula Abdul and Nicole Scherzinger, Cowell shoots down rumours about new moms Beyoncé and Mariah Carey being considered and explains that Madonna would be "expensive" — but Katy Perry would be "fun" and "feisty." ● METRO

Celebrity tweets



Some people actually have salad with their egg whites in the morning. Can we be taking this health thing too far, @hilariathomas?



@alecbaldwin

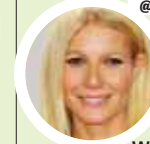


@SarahKSilverman

I still wake up so jazzed that childhood is over

@jasonsegel

Twitter account hacked again. I don't understand the point of what you're trying to do hackers. Why? Sorry to anyone following me.



@GwynethPaltrow

My dog is incessantly barking at the wind. What does she know that I don't? A lot, clearly.

So George isn't perfect after all

George Clooney does not consider himself dad material, based on his past experiences with children — both at work and at home.

"I've played a parent quite a few times and I worked with a lot of kids on ER," Clooney said at an Oscar nominees luncheon.

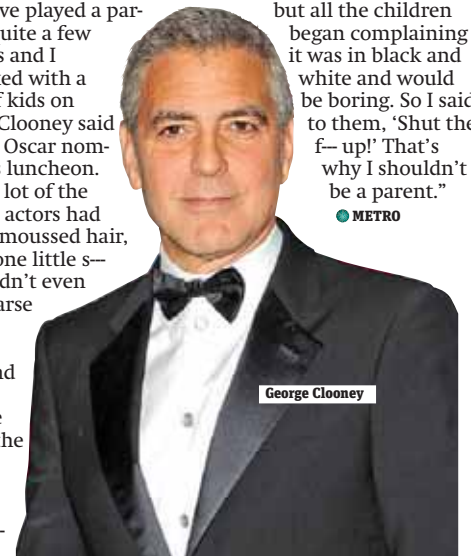
"A lot of the child actors had over-moussed hair, and one little s— wouldn't even rehearse with me."

And then there was the time he tried to en-

ertain some friends' kids at his house with a classic film: "I love the 1962 drama To Kill A Mockingbird, and I put it on in my screening room for them,

but all the children began complaining it was in black and white and would be boring. So I said to them, 'Shut the f— up!' That's why I shouldn't be a parent."

● METRO



George Clooney

SATURDAY, FEBRUARY 11 TO MONDAY, FEBRUARY 13

THE BIGGEST
**Beauty
EVENT
OF THE YEAR**

SPEND
40,000 POINTS
AND GET UP TO
\$90 OFF

THAT'S
AN EXTRA
\$27

SPEND
80,000 POINTS
AND GET UP TO
\$200 OFF

THAT'S
AN EXTRA
\$64

*Some conditions may apply. See store for details.
Offer valid Saturday, February 11 to Monday, February 13, 2012 only.



Visit shoppersdrugmart.ca
or the store nearest you for details.

**SHOPPERS
DRUG MART**



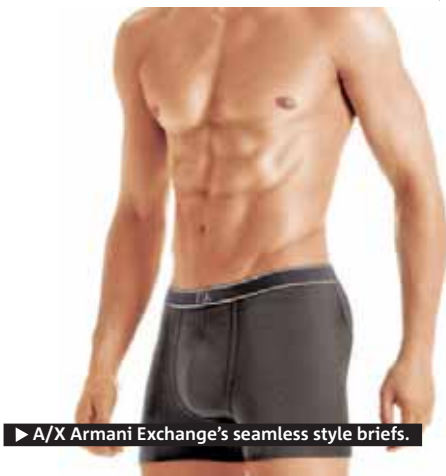
Gentlemen, the time to **drop trou** is now

► What's under the pants is in the spotlight ► Men's undergarments are entering a new era

Some items in the fashion world are simply desires, and some are necessities. Where do men's undergarments fall? Increasingly, right in the middle.

There's a guaranteed market that needs to replenish supplies no matter what's happening in the economy. But innovation in style and technology has made boxers, briefs and undershirts, once an afterthought into a buzz-worthy category of men's clothes, to the forefront.

So much so that H&M debuted ads for its new undergarment collection by David Beckham during the Super Bowl and Jockey wasted no time signing



► A/X Armani Exchange's seamless style briefs.

football star Tim Tebow as its new spokesman.

It makes sense as a growth category, says Marshal Cohen, chief industry analyst with market research firm The NPD Group, but it took the right conditions to get on the fashion industry's radar: streamlined design, comfortable stretch fabrics, the idea that dressing starts at the base layer and that shabby-chic doesn't cut it

anymore.

Men, in general, aren't as interested in fleeting trends, he adds. They are, however, willing to buy an "evolved" product if they need to replace an old one. And, Cohen says, as has happened with smartphones and athletic apparel, sometimes men will trade up if they think there's genuine newness.

H&M must see the potential. The collaboration

"Men have recognized they can't do shabby-chic and look like they just rolled out of bed."

MARSHAL COHEN, THE NPD GROUP

with Beckham launches with not only boxers, briefs and Ts, but also vests, pyjamas and long johns. Beckham said in a statement that it took him and his design team 18 months to come up with just the right initial styles.

"It all starts with underwear and you build your wardrobe from there," agrees Patrick Doddy, senior vice-president and brand director of A/X Armani Exchange. "It's the foundation to your style."

A/X's core, younger consumer isn't self-conscious about purchasing undergarments in the middle of a bustling store, he says. This fashion-savvy customer knows, just like his girlfriend or wife does, that flattering, stylish underwear only enhances his

overall look.

"Men have recognized they can't do shabby-chic and look like they just rolled out of bed," says NPD's Cohen.

"They are looking for a job, or how to do their job better, or how to move ahead, and dressing is part of that." **THE ASSOCIATED PRESS**

H&M, ALASDAIR MCLELLAN/THE ASSOCIATED PRESS



► David Beckham sports his new collection of men's undergarments for H&M.

3

life

Rough stuff

A skin tip for men

Make it accessible
Keep moisturizer in your gym bag, or even your car and use it often. By having it close at hand you won't be tempted to skip this crucial step to keeping skin feeling healthy, and may even inspire your friends to keep their skin resilient and flexible as well.

NEWS CANADA



Earlier launch pays off for Montreal Fashion Week

7%

The total men's underwear and undershirt market for 2011 in the U.S. was up more than seven per cent over the previous year, totalling \$3.3 billion, stat numbers show.

SEND SOME LOVE

Declare your love to the world by sending a Valentine's Day message to someone special!

Call **1 800.527.6767** before noon on February 13 and create your Valentine's Day message that will appear in Metro on February 14.



metro

SMALL
15-20 words \$4

MEDIUM
25-30 words
\$9

LARGE
40-50 words
or 25-30 with
small picture
\$18

Looks like you've been framed

► Make like fashion icon Karl Lagerfeld and see the world through dark-coloured glasses



RICHARD PECKETT
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON



MANGO
cat eye sunglasses
► \$60, mango.com



TOPSHOP
sunglasses
► \$45, topshop.com

HENRY HOLLAND
for Le Specs sunnies

► \$127, asos.com



PRADA
butterfly frame
sunglasses

► \$392,
net-a-porter.com

THE WOMEN'S 1-2-3 SALE IS BACK!*

BUY 1 ITEM

BUY 2 ITEMS

BUY 3 ITEMS

SAVE
50%

SAVE
60%
ON EACH ITEM

SAVE
70%
ON EACH ITEM

BUCKLANDS
FINE CLOTHING

722 Bank Street, Ottawa
(613) 238-2020

* Applicable to women's fall and winter wear only. * Details in store. Sale price based on original or regular price. May not be combined with other offers. Certain exceptions apply. Selection and availability vary by store. Alterations extra.

Jeanne Space



@Jeanne_Beker: **Sussing out my crazy itinerary for NYFW!** Leaving to cover the shows this wknd. What aspect of my reportage do you look forward to most?

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

- @PrinceHarry13: I'm dying for behind the scenes pics. Love to see who's wearing whom. Happy NYFW!
- @Jeanne_Beker: Okay! Will try to take lots of pics. Hopefully, the lighting gods will be with me!
- @PrinceHarry13: Also, trends. Gimme all the deets; prints, colour, tailoring, etc. Every cyclical flash of fashion's past.

- @ameninthistown: your interaction with the designers, feeling more personal than other reporters.

- @Jeanne_Beker: Nothing like having had a personal history with those creative greats. Happy that experience matters in this biz.

- @tyler_webb: K I love it when you're holding the mic and walking in the madness. Feels so raw.

- @Jeanne_Beker: Yup! That's where I'm really at home!! xx



In T.O.'s Thompson Hotel lobby, with 2 little eavesdroppers-- meeting with the FDCC's Robin Kay

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

How to mat and frame a photo

► Score major brownie points with your honey this Valentine's Day by presenting them with a pic of the two of you

DIY IDEAS

With Valentine's Day quickly approaching, what better way to celebrate a loved one than with a DIY gift from the heart?

Inspired by DIY Network Canada's 10 Grand In Your Hand, a gift for all to love is a handmade matted and framed photograph (maybe of you and that special someone!).

Follow these simple steps to impress your partner.

1. Select your mat. Place a selection of different coloured mats alongside your photograph and frame to ensure you choose one that enhances the image.

Varying textures can

look great too. It is amazing what a difference the right mat can make to a photograph's appearance! You can find a selection of mats at your local craft or art-supply store.

2. Cut the mat to fit the frame. Lay cardboard on your worktable for protection and trace the frame insert onto the mat. Cut using a straightedge and X-Acto knife.

3. Cut an opening. Measure your photograph and allow for about a 1/2- to 1-inch border around the image to be covered by the mat (make the opening size smaller than the photo).

Sketch the opening on the back of the mat; your picture should be equidistant from both sides of the mat. Using a straightedge



and exacto knife, cut along the line in one quick motion and stop precisely in

each corner.

4. Mount your photo. Place

your photograph upside-down on clean paper to protect the image. Tape a

piece of acid-free tape along one side of the photo and allow half of it to hang over the edge.

Flip your photo right-side up and place the mat over top. Once the photo is centered in the mat opening, press down on the tape edge so that the mat and photograph stick together.

5. Do some finishing touches. Being careful not to disturb the photo, turn the mat upside-down. Finish taping the photograph to the mat, ensuring that it stays centered.

6. Frame that puppy. Your work is now ready to be framed. Happy Valentine's Day!

TUNE IN THURSDAYS AT 10 P.M. ET/PT FOR BACK-TO-BACK EPISODES OF 10 GRAND IN YOUR HAND ON DIY NETWORK CANADA.

Feeling blue

► Out of the January doldrums comes a wealth of blue home wares ► Chalky pastel shades are a must this season and not just in the home — they're having a moment in fashion too



INDIGO
stripe blue fabric

► \$54, ianmankin.co.uk



GUBI
5 chair

► \$527, gubi.dk

IKEA
365+

► \$3, ikea.com

JONATHAN ADLER
laquer waste basket

► \$107, jonathanadler.com



SANDRA FIGUEROLA
Palermo rug

► \$557, wovenground.com

Home pick

Coffee table (book) couture

It's only polite to keep your guests entertained, especially if you're the kind of host that arrives fashionably late to your own soiree. So while you're beautifying, let them lose themselves in two new coffee table books: namely Cecil Beaton: The New York Years and Intimate Chanel, which delve into the lives of the two icons through previously unseen sketches, letters and photographs.

● MWN



CECIL BEATON

The New York Years, \$45, amazon.com



INTIMATE CHANEL

\$38, amazon.com

From wallflower to wall power

► Decor expert Karl Lohnes adds a focal wall of colour to a monochromatic room

DESIGN CENTRE



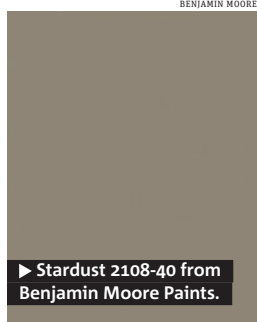
KARL LOHNES
HOME@
METRONEWS.CA

I'd like to add some colour to my bedroom but I am afraid to commit. I was thinking about painting just one wall. Are focal walls out of fashion?

D. Richardson
Markham, Ont.

A painted focal wall was a popular way to add colour to a room in the 1980s.

One burgundy or hunter green wall might look a bit outdated these days as today's focal walls are all about adding drama with light or dark neutral



► Stardust 2108-40 from Benjamin Moore Paints.

colours rather than using colour.

Because you already have a monochromatic colour scheme I suggest keeping your colour choices for a focal wall limited to what is already in the room.

I would paint the wall behind the bed a deep version of a neutral brown colour like Benjamin Moore's Stardust 2108-40;



► Add some drama to a room by painting the wall behind the bed with a deep, neutral paint colour.

it's got a bit of grey in it to keep the wall fashionably on trend.

Paint on some drama

A glossy paint finish would help add some drama and reflection from the window into the room. If the wall's finish is smooth and free of

bumps or cracks then consider painting the wall with a high gloss paint.

Paint the underside and vertical part of the bulkhead running across the top of the wall; not painting the bulk will visually shorten the overall ceiling height in the room.

Direct the focus

What wall do you paint the focal wall?

- **Bedroom:** The wall behind the headboard
- **Bathroom:** The wall with the mirror/lights
- **Living room:** The wall with the fireplace/or television wall
- **Foyer:** The wall the door backs onto



Artura Vase, \$88,
Crate and Barrel

Accessorize appropriately

Bring a few darker-toned accessories in the room in order to blend your new wall: a dark throw at the end of the bed, a vase or some decorative pillows in a deep neutral colour will help the wall incorporate easily into your existing room.

WHEN IT COMES TO STAINS, 'LIKE WILL REMOVE LIKE'

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles the butler,

I work in the motel business and am looking for a natural stain removal solution for white linens and towels. Currently No Name bleach (which I personally think is a waste of money) and Oxi are being used to no avail... Please help! Thank you, Linda

Dear Linda,
Because your question

is about commercial laundry cleaning, I thought it best to ask a good friend, Jackie Creed of Creeds Dry Cleaning, what his thoughts were regarding your question.

Jackie said that the first problem is stain identification, because one type of cleaner does not remove all kinds of stains.

So, for example, a food-

based stain needs to be removed with a product such as OxiClean®, while an oil-based stain requires a different type of cleaner, one that is petroleum-based.

Remember that "like removes like." To summarize, my advice would be to determine what your stains are, treat them accordingly and then continue your pro-



► White sheets need to be white. Period.

fessional washing program. Good luck and let us know your results!

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Sotto Valentine's Day Month Long Event

A weekend at Sotto Met Hotel when you buy a Sotto Condo between now & Feb. 29, 2012

Plus a \$5,000 bonus to spend on Gluckstein Home furnishings for your new condo*

GLUCKSTEINHOME Available at

MASTERCRAFT STARWOOD | **sohochampagne.com**

Investment Builders Since 1951

*Only applicable for new sales that are signed before Feb. 29, 2012, and applies to new condo purchasers at Sotto Champagne and/or Sotto Luger. The weekend stay at the Sotto Metropolitan Hotel includes two nights, Friday and Saturday, in a Sotto Met Luxury room subject to availability. Incidental charges such as parking, room service, telephone or other hotel services are not included. Blackout dates apply. A gift certificate for the free weekend will be provided 30 days after the deal is firm and the first deposit cheque has been certified. The gift certificate will be valid for 30 days. As it is a secondary offering and financing is provided by the developer, Sotto Champagne, the developer and Metronews Canada reserves the right to make changes to promotions and pricing in its sole and arbitrary discretion at anytime without notice. Gluckstein Furniture Gift Certificate will be a gift card for \$5,000 from The Bay and delivered within 30 days of closing. Offer Expires Feb. 23 2012. E. & O. E.

SPECIAL INFORMATION FEATURE

Chaud ou ... Froid

► Gatineau's BDT La Messe De Minuit delicious either hot or cold



JEFF
O'REILLY
FOR METRO

One of Gatineau's worst kept secrets — Les Brasseurs du Temps (or BDT as it is more commonly called) — is a craft beer lover's dream come true.

Set on the site of the region's first brewery, BDT brews a wide range of truly interesting beers and gives you an opportunity to learn while you are there.

I highly recommend starting off with "L'Horloge," which is set up like a "clock" of beer. Twelve three-ounce samples are presented with a tasting map so you can take your palate on a journey of beer discovery.

Once completed, grab a pint of your new favourite and go on a self-guided tour of their fascinating and educational beer museum.

At last month's Gatineau Winter Beer Festival, while exploring many unique offerings of the eclectic, super cool Quebec beer scene, I had the pleasure of tasting one of BDT's most popular beers "La Messe De Minuit" (Midnight Mass), served both hot and cold. Drinking hot beer at an ice bar

"Drinking hot beer at an ice bar and by a roaring open fire outside in the middle of January is one of the most Canadian things I have done all winter — right up there with skating to work."

and by a roaring open fire outside in the middle of January is one of the most Canadian things I have done all winter — right up there with skating to work.

La Messe De Minuit (nine per cent alcohol by volume) is a strong ale brewed in the style of traditional Belgian Christmas beers and I would recommend trying it warmed first. It pours a deep, hazy red, mahogany colour with thick ecru foam head.

Served hot in a brandy snifter, it arrives around 80 C with much of the carbonation removed in the heating. The nose swirls of alcohol with dominating orange peel, licorice and anise only hint at those



► Élodie and master brewer Dominique present La Messe De Minuit, both cold and hot, at BDT.

flavours as they mix with rich plum and date with a warming, boozy mouth feel that will remind you of mulled wines and ciders as a variety of baking spices hit the tongue at intervals before a long lingering sour finish. Perfect

for après ski or skate.

When served cold between 4 C and 6 C, the naturally cleansing bright carbonation is instantly noticeable. There is a licorice sweetness up front before rounding out to the familiar but muted

savoury spices with slightly sour fruitcake flavours and a less intense lingering finish.

This beer is complex and unusual — delicious both hot and cold — and served with a smile in both official languages ... what

more can you ask for?

BDT is located at 170 Rue Montcalm in the Vieux Hull section of Gatineau — closer than you think.

La Messe De Minuit is available on tap or in bottles at its onsite store.

KEN'S JAPANESE RESTAURANT
217 Rideau Street
613-860-6788
www.kenjapaneserestaurant.com

DINE IN OR TAKE OUT
NOW LICENSED

ALL YOU CAN EAT BUFFET EVERYDAY
Lunch \$12⁹⁹
Dinner \$21⁹⁹

We want to thank all our guests for supporting Ken's Japanese Restaurant

How do you feed 7 billion people?

FARM TO FORK



Does anyone have any idea just how much the Earth's seven billion inhabitants eat each day? Perhaps the following illustrations might bring some meaning to this question.

Take a grain of wheat — there are a million of these in a sixty-pound (27-kilogram) bushel. If every person had just one kernel, that would be 7,000 bushels, or nearly half a million pounds of wheat, which would fill about seven large transport trucks. Just think — seven truckloads of food if shared equally would be barely enough to get stuck in the teeth of every person on this planet.

Then there is the bigger question — how much do all these people eat in total?

To illustrate, let us assume that each person

"Let us assume that each person consumes a kilo of food each day, which would fill more than a quarter of a million large trucks."

consumes a kilo of food each day, which would fill more than a quarter of a million large trucks. If these were parked bumper to bumper, they would reach from the Parliament Buildings in Ottawa to downtown Vancouver — more than 4,000 kilometres. And this is enough food for just one day!

Just think of all the farmers, truckers, processors, food sellers, and others in all corners of the world working together to make this happen 365 days of the year.

● MAURICE HLADIK IS THE AUTHOR OF THE SOON TO BE PUBLISHED BOOK **DEMISTIFYING FOOD FROM FARM TO FORK**. FOR MORE, SEE FOODDEMISTIFIED.COM.



► Planning a wedding? Try free samples from local restaurateurs at the Wed by Hand show this Saturday.

DIY wedding catering

► Connect with local restaurateurs at Wed by Hand show this Saturday



Ottawa's Indie Wedding show is offering couples a DIY (do-it-yourself) approach to catering and hosting your wedding by connecting local restaurateurs and small-batch food producers under one roof to create a truly unique culinary experience.

In the third year of the show, Wed by Hand will feature 35 handmade, eco-friendly and fair trade exhibitors, workshops, as well as vintage wedding gowns and cocktail dresses.

Ever heard of a Candy Buffet? Neither had we, but that's just one of the ideas being presented, says co-organizer Krista Leden.

"We're an alternative to

"We're an alternative to what's typically available on the wedding market and include vendors that may not be able to afford the larger shows ..."

WED BY HAND CO-ORGANIZER KRISTA LEDEN

what's typically available on the wedding market and include vendors that may not be able to afford the larger shows, but that also means they can better reflect the couples' personality and values."

So that means anything from vegetarian cuisine with Vegetarian Treasures to Cuban catering with Havana Cafe, they have you covered.

Often, couples go from bakery to bakery looking for the right dessert or

cake, but Wed by Hand makes it convenient to try multiple tastings from a variety of different companies.

"We're seeing a trend going away from cupcakes and have some bakers like a brownie expert, Stalks of Goodness, and mini-tarts and pies."

That said, this is an excellent opportunity to try your sweet tooth at gluten-free, vegan, and completely indulgent cupcakes in Wed By Hand's tasting room.

"We'll have tons of free samples," says Leden. That could include honey on lavender scones from local honey producers.

Visitors will also have a chance to try David's Tea Bar. "You could create a completely unique wedding blend," says Leden, who suggests an after-dinner tea.

Similar to the candy bar, guests can mix to fit their taste, or just bring home tea as a party favour. Staff from both the Candy Store and David's Tea will be offering advice.

Wed by Hand is Saturday from 11 a.m. to 5 p.m. at the Glebe Community Centre (175 Third St.). Tickets are \$8 to \$10. All proceeds go to charity. For more, see wedbyhand.com.

QUALITY FRESH PRODUCE AT LOW PRICES

ST. LAURENT BELFAST FRUIT

\$5 OFF

1010 Belfast Rd. at St. Laurent Blvd.

613-244-2515

For Weekly Specials visit: www.stlaurentbelstaffruit.com

PURCHASE OF \$30 OR MORE
Before taxes. One coupon per customer.
Cannot be combined with any other offer.
Coupon expires February 29, 2012.

BUDDHA
Lounge & Restaurant
by Roses Café

WHAT THEY ARE SAYING:
"Amazing food" "great atmosphere" "blown away by the Butter Chicken"

SPECIAL VALENTINE'S EVENING
LIVE JAZZ & BELLY DANCING
CALL NOW FOR DETAILS OR TO RESERVE

323 Somerset Street (between Bank & O'Connor) **613.234.9878**
INDIAN CUISINE | VEGETARIAN DISHES | TAPAS BAR

There is no fire like passion
No crime like hatred,
No sorrow like separation,
No sickness like hunger,
And no joy like the joy of freedom.
— BUDDHA

OUR DISHES ARE PREPARED
GLUTEN-FREE

Wines to WOW your Valentine

Thyme & Again Creative Catering called on our team of Savvy sommeliers to provide wine recommendations to pair with their special Valentine's Day take-home menu.

As Thyme & Again sup-

ports local farmers, we selected Ontario wineries — it is a natural fit! Rip out this list and head to the LCBO!

Start with a Sparkling

► Jackson Triggs 'Entourage

Silver Series' Brut Méthode Classique 2006, \$22.95.

► Flat Rock Cellars 'Riddled' Sparkling VQA 2008, \$29.95.

Whites

► Sue-Ann Staff Semi-Dry

Riesling VQA 2010, \$14.95.

► Vineland Elevation Sauvignon Blanc VQA 2007, \$19.95.

► Kacaba Vineyards Barrel Fermented Chardonnay VQA 2009, \$22.95.

Reds

► Pillitteri Estates Merlot VQA 2007, \$17.95.

► Rosewood Pinot Noir VQA 2009, \$18.

► Cattail Creek Reserve Cabernet-Merlot VQA 2007, \$24.95.

► Pondview Cabernet Franc VQA 2009, \$28.

A Sweet Finish

► Cave Springs Indian Summer Select Late Harvest Riesling VQA 2008, \$24.95.

► Chateau des Charmes Riesling Icewine VQA 2009, \$59.95.

► Innskillin Sparkling Vidal Icewine VQA 2010, \$69.95.

FIND MORE SAVVY WINE TIPS

AT SAVVYCOMPANY.CA.

DEBBIE TRENHOLM



► Check out the accompanying wine list before you plan a romantic Valentine's Day dinner.



► Put a sparkle in your sweetie's eye with a choice of wine from the Savvy sommeliers.

DEBBIE TRENHOLM/FOR METRO



ASIAN SUPERCENTRE

1777 TENTH LINE ROAD, OTTAWA, ON.

ASIAN SUPERCENTRE

盛隆泰大超市

WEDNESDAY IS SENIORS DAY!

10% OFF*

*REGULAR PRICED ITEMS ONLY

Produce			Seafood / Meat		
Mung Beans Reg. \$3.59 lb Special Only Feb 10, 11, 12  2⁵⁸ lb	Broccoli Reg. \$1.29 lb Special Only Feb 10, 11, 12  79¢ lb	Celery Reg. \$1.79 ea  99¢ ea	Angus Beef Eye of Round Reg. \$4.69 lb  3⁹⁹ lb	Beef Short Rib AAA Reg. \$4.59 lb  2⁹⁹ lb	
Lemons Reg. 0.59¢ ea  4 FOR 1⁰⁰	Red Delicious Apple Reg. \$1.29 lb Special Only Feb 10, 11, 12  68¢ lb	Honey Pomelo Reg. \$2.99 ea Special Only Feb 10, 11, 12  2 FOR 3⁸⁸ ea	Pear Reg. \$1.39 lb  98¢ lb	Fresh Pork Belly Reg. \$2.79 lb  1⁹⁹ lb	
			Chicken Leg Reg. \$1.79 lb  1³⁹ lb		

TEL: 613-830-8688

BUSINESS HOURS:
Mon to Thu 9AM - 9PM; Fri & Sat 9AM - 10PM;
Sun 9AM - 8PM

www.asiansupercentre.com

*While quantities last. Check price on store display tags in case of discrepancy due to printing error in the advertisement. Asian Supercentre reserves the right to limit quantities. No Raincheck.

Weekly
CookbookFRESH & HEALTHY
COOKING FOR TWO

If you're thinking of cooking a special Valentine's Day dinner for your sweetie, look not further than *Fresh & Healthy Cooking for Two* by Ellie Topp and Marilyn Booth.

It features recipes with fresh and local ingredients. All the recipes are within Canada's Food Guide suggestions for promoting health and reducing risk of chronic illness.

Main dishes such as Shrimp Fettuccine with Fresh Basil Pesto and Zucchini, and Grilled Trout with Fresh Dill and Chives, come with ideas for healthy sides.

Perfect for just the two of us

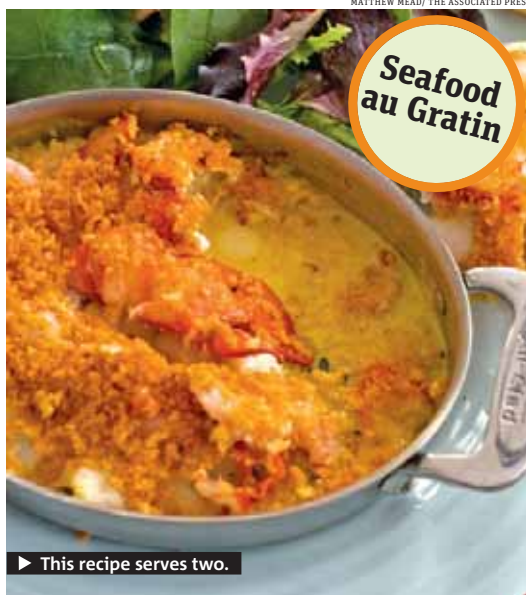
► While many recipes are designed to serve four or more people, these ones are perfect for couples ► Enjoy this Valentine's Day with a rich and creamy Seafood au Gratin for two

Warm and creamy, au gratin is perfect for a cold winter night and even better for a romantic Valentine's Day dinner.

Serve the Seafood au Gratin dish with crusty bread and a green salad dressed with a drizzle of olive oil, a squeeze of lemon juice, sea salt and ground black pepper.

Seafood au Gratin Preparation:

- 1 Heat the oven to 190 C (375 F). Place 2 shallow ramekins or gratin dishes on a sheet pan and lightly coat with cooking spray.
- 2 In a small sauté pan over medium, heat olive oil. Add grated the sweet potato and onion. Cook them until tender, 7 to 8 minutes. Stir in



► This recipe serves two.

thyme and season with salt and black pepper.

Divide mixture between the 2 baking dishes,

spreading it evenly across bottom.

- 3 Cut up the fish and lobster into bite-sized pieces. Arrange fish, lobster, shrimp and scallops over sweet potato mixture. Sprinkle with salt and pour cream over seafood.

- 4 In bowl, combine the panko, paprika and a pinch of salt. Pour the butter over mixture and toss to coat. Sprinkle panko mixture over seafood. Bake the Seafood au Gratin until cream is bubbling, 12 to 15 minutes. Let cool slightly before serving.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) olive oil
- 1 small sweet potato, peeled and grated (about 500 ml/2 cups)
- 50 ml (1/4 cup) grated yellow onion
- 10 ml (2 tsp) chopped fresh thyme
- Salt and ground black pepper, to taste
- 90 g (3 oz) haddock or other white fish

- 125 g (4 oz) cooked lobster meat (about a 625-g/1 1/4-lb lobster)
- 125 g (4 oz) raw shrimp, peeled and deveined
- 125 g (4 oz) bay scallops
- 125 ml (1/2 cup) heavy cream
- 75 ml (1/3 cup) panko breadcrumbs
- 1 ml (1/4 tsp) smoked paprika
- 15 ml (1 tbsp) butter, melted

► Rocco DiSpirito offers up an alternative to typical Valentine's Day fare with this Surf and Turf Cobbler dish

Preparation:

- 1 In stockpot, bring 6 l (24 cups) of water to a boil. Set bowl of ice water nearby. Submerge lobster in boiling water, then return water to boil. Cook lobster 4 minutes, adding asparagus to water for last 2 minutes. Use a slotted spoon to transfer asparagus to ice water to cool for 2 minutes, then transfer to a kitchen towel to dry. Remove lobster from water and place on a sheet pan. Let cool until easy to handle.
- 2 Heat a medium non-stick skillet over high. Season beef with salt and pepper, then spritz pan with cooking spray and add beef to pan. Cook for 1 to 2 minutes or until outsides are well browned and centres are rare, turning once. Transfer beef to a plate and set aside.
- 3 Drain beets, reserving 50 ml (1/4 cup) of the liquid. Cut two-thirds of the drained beets (about 250 ml/1 cup) into bite-size

pieces (save remaining beets for another use). Add half of the beet pieces to a blender along with the 50 ml (1/4 cup) of reserved liquid. Cover and blend until smooth.

- 4 Add 16 pumps of butter spray and cover and blend again just until combined. Pour pureed beets into bowl and add remaining chopped beets. Add asparagus to beet mixture along with cooked beef cubes and fresh tarragon.

- 5 Heat oven to 200 C (400 F). Remove meat from lobster and cut into bite-size pieces. Add to beet mix and stir until well combined. Season with salt and pepper. Spoon mixture into a 1-l (4-cup)

oven-safe glass bowl.

- 6 In a medium bowl, mix pancake mix and water. Drop dough into 6 small mounds over lobster mixture. Bake for 15 minutes or until top is

browned and filling is heated through. Remove and top with horseradish. **ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS AND NOW EAT THIS! DIET COOKBOOKS/ THE ASSOCIATED PRESS**

Ingredients:

- 625-g (1 1/4-lb) live lobster
- 125 g (4 oz) fresh asparagus spears (12 to 16 spears, depending on thickness), trimmed and cut into 2.5-cm

- (1-inch) pieces
- 90 g (3 oz) beef tenderloin, cut into 8 cubes
- Salt and ground black pepper
- 1 can (398 ml/14 oz) red beets with liquid
- 16 pumps butter spray

- 15 ml (1 tbsp) chopped fresh tarragon
- 150 ml (2/3 cup) heart-smart pancake and baking mix (such as Bisquick)
- 50 ml (1/4 cup) water
- 10 ml (2 tsp) prepared horseradish

GRAND OPENING SPECIAL

10% OFF LIMITED TIME OFFER

LUNCH
WEEKDAYS \$13.99

LUNCH
WEEKENDS \$14.99

DINNER
\$22.99

2300 Citypark Dr. (across from Silver City Cinema)
613-747-3888 • www.fujisushirestaurant.ca

HOURS: Sun - Thu: 11AM-10PM
Fri & Sat: 11AM-10:30PM

Tasty soup sippin'

► This delicious creation combines the various flavours of red tomatoes, fennel and sour cream

The sweet flavour of plump red tomatoes compliments the liquorice of the fennel while the creamy goodness of sour cream adds the perfect tang! Roasting the vegetables in butter gives them a warm browned and caramelized flavour.

Creamy Tomato Soup with Roasted Fennel and Feta Cheese

Preparation:

1 Preheat oven to 450 °F (230 °C).

2 Trim and coarsely chop fennel bulb; reserve 2 tbsp (30 mL) finely chopped fennel fronds for the topping.

3 In large bowl, gently toss tomatoes, fennel, onion and garlic with melted butter. Arrange vegetables (tomatoes cut side up) on large rimmed baking sheet. Bake for 40 to 45 min or until vegetable are lightly browned and caramelized, remove from oven, cool for 10

► This recipe makes six to eight servings.

minutes.

4 In small bowl, combine Canadian Feta cheese, 2 tbsp (30 mL) of the reserved fennel fronds, red onion and pepper; set aside.

5 Working in batches, transfer half the roasted vegetables and any accumulated juices to food processor or blender; add ¼ cup (50 mL) of the

tomato paste and ¾ cup (175 mL) of the chicken stock; puree until smooth. Transfer to medium saucepan, repeat with remaining vegetables, tomato paste and ¾ cup (175 mL) chicken broth. Stir in remaining chicken stock and sour cream; heat over medium-low heat, stirring often until well combined and heated through. Ladle into

bowls and sprinkle with Feta cheese mix. Serve.

DAIRY FARMERS OF CANADA/
ADAPTED BY EMILY RICHARDS

Ingredients:

- 1 large fennel bulb (about 1-½ lb/750g)
- 10 plum (Roma) tomatoes, cored and halved (about 2-¾ lb/1.125 kg)
- 1 onion, cut into 8 wedges
- 6 cloves garlic
- 2 tbsp (30 mL) melted butter
- 1/3 cup (75 mL) crumbled Canadian Feta cheese
- 1 tbsp (15 mL) finely chopped red onion
- ½ tsp (2 mL) freshly ground pepper
- ½ cup (125 mL) sodium-reduced tomato paste, divided
- 3 cups (750 mL) sodium-reduced chicken stock, divided
- 1-½ cups (375 mL) 5% sour cream

An added crunch

► If you like a bit of texture with your fishes dishes, try using cornmeal ► Serve the dish with greens

The cornmeal used in this fish recipe provides a yellow-hued coating that is crunchy and almost nutty in texture.

This dish is versatile and

allows you to use any of your favourite fish fillets like cod, sole or tilapia instead of catfish.

Serve the Cornmeal Crusted Fish with some sal-

ad greens for a light dinner.

Preparation:

1 In a large and shallow dish or pie plate combine the cornmeal, dill,

Parmesan, salt, pepper and cayenne pepper; set aside.

2 Pat the fish fillets dry using paper towels. Dip each fillet into the egg, letting excess drip off. Dip each fillet into cornmeal mixture, turning to coat both sides well.

3 In a large non-stick skillet heat oil over medium-high heat. Cook the fish

fillets for 3 minutes. Using a spatula carefully turn fillets and cook for another 3 minutes or until the fish flakes easily when it is tested and

cornmeal is golden. EMILY RICHARDS (EMILY IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.)

Ingredients:

- 1 cup (250 mL) cornmeal
- 2 tbsp (30 mL) chopped fresh dill or 2 tsp (10 mL) dried dill weed
- 1 tbsp (15 mL) grated Parmesan cheese
- ¼ tsp (1 mL) salt, pepper
- Pinch cayenne
- 4 fresh catfish, cod, sole or tilapia fillets
- 1 egg, lightly beaten
- 2 tbsp (30 mL) canola oil

Promotion Period February 2012

FRI	SAT	SUN	MON	TUE	WED	THU
10	11	12	13	14	15	16

Weekly Specials

No.1 grade

4 DAYS ONLY
Fri, Sat, Sun, Mon

2.69 /lb
5.93/kg

Cherries
Product of Chile

While Quantities Last

4 DAYS ONLY
Fri, Sat, Sun, Mon

2.99 /lb
6.59/kg

Pasta Clams
Live

4 DAYS ONLY
Fri, Sat, Sun, Mon

3.29 /lb
7.25/kg

Chicken Breast
Fresh Boneless & Skinless

4 DAYS ONLY
Fri, Sat, Sun, Mon

5.29 /lb
11.66/kg

Angus Beef
Ribeye Fresh

SAVE \$2.30

3.99 /btl

Simply Orange
with Pulp / Pulp Free 2.63L

Selected Varieties

SAVE \$3.78

3/9.99

100% Jumbo Shrimp Wonton 250g

4 DAYS ONLY
Fri, Sat, Sun, Mon

SAVE 70¢

2.99 /box

Groom Puffs 9pcs

Valentine's Specials

5 DAYS ONLY
Fri, Sat, Sun, Mon, Tue

SAVE \$3.85

13.14 /box

Valentine's Sushi Set 1200g

Valentine's Specials

Fresh Valentine's Rose

While Quantities Last

4.99 /ea

Valentine's Chocolate Mousse Dessert Cup

6.99 /cup

Valentine's Chocolate Flower Selected 12-108g

2.99-24.99 /ea

My Beauty/Day Moisturizing Wishing Box 26s

29.99 /ea

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions. Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)

Join us on Facebook
(Search for T&T Supermarket)
Follow us on Twitter
@TTSupermarket



www.TnTsupermarket.com
224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113

4 sports

Senators preview

Nashville at Ottawa
7:30 p.m.
TV: SNET



The Senators (27-22-7) host Nashville (32-17-5) hoping to end their seven-game winless streak. The Predators fell 4-3 in a shootout to the Canucks on Tuesday and have one win in their past three games after winning their previous five. The loss snapped Pekka Rinne's personal 11-game winning streak. Former Senator Mike Fisher has eight goals in his last eight games and leads Nashville with 16 on the season.

THE CANADIAN PRESS

THE HOCKEY NEWS

MURRAY PAM

OTTAWA@METRONEWS.CA



While the Ottawa Senators are mired in their worst stretch since their 1-5-0 start to open the campaign, it isn't time to panic. Not yet. Things could be worse.

At the 56 game-mark last season, the Sens had 44 points and were in the midst of an 11-game winless streak that saw them go a full month between victories. Still, only garnering one point in a seven game stretch has raised several concerns for a club that has been battling for a playoff spot all season.

1. Are they tired? The Senators have already endured two six-game road swings and two spans when they played nine of 10 away from home. Their 56-game total is tops in the NHL. In addition, six of their current players participated in the 2011 AHL Calder Cup final, giving them upwards of 180 games played each since September 2010.

Fatigue could also be a factor for Craig Anderson, the NHL's busiest goaltender. Entering the season, Anderson was listed at 183 pounds, however after starting 18 in a row and backstopping 23 consecutive games, he appears to be closer to a



► Craig Anderson stops a shot against the Bruins on Jan 31.

Ryan Miller-like buck-sixty-five. Overall, he has appeared in more games and accrued more minutes than any other keeper in the league.

2. Exposed defence. The Senators must find a way to cut down on their league-worst 32.2 shots allowed per game. Being the NHL's third-most penalized club does not

help. While many of their penalties are of the pugilistic type, the club has been on the PK for more than 50 minutes longer than they have with the man advantage.

3. Where have the goals gone? Go down the roster: Milan Michalek has not tallied in 11 games, Jason Spezza has one in ten, Nick Foligno

zero in 13, and Zack Smith netted his first in 13 last Friday. Since Jan. 1, the Senators have fallen from being the league's fifth-best scoring unit to ninth.

It all makes for understandable teeth gnashing among Senators fans, craving a return to the playoffs. For comfort, they could heed Spezza's

words. "Our play earlier in the season, has put ourselves in a position to play meaningful games down the stretch," he said. "We are not going to quit, everyone goes through it."

A regular season is full of peaks and valleys. The challenge for the Senators now is proving they have what it takes to climb back up.

PITBULL
PLANET PIT
WORLD TOUR 2012

WITH SPECIAL GUEST
FLO RIDA

**YOU COULD WIN
A PAIR OF TICKETS
TO SEE PITBULL!**

MARCH 27 • CE CENTRE

ON SALE TOMORROW AT 10AM

BUY TICKETS AT LIVENATION.COM [TICKETMASTER](http://TICKETMASTER.COM)

1.855.985.5000, URMUSIC.CA/TICKETS
OR TEXT 'TICKETS' TO 4849.

All dates, acts and ticket prices subject to change without notice. Ticket prices subject to applicable fees.

[TWITTER.COM/PITBULL](https://twitter.com/PITBULL) [FACEBOOK.COM/PITBULL](https://facebook.com/PITBULL)

VISIT **club metro .com** TO ENTER

PLANET PIT AVAILABLE NOW

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	51	33	13	1	4	141	103	71	16-6-0-2	17-7-1-2	6-3-0-1	L1
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Washington	53	28	21	2	2	149	149	60	17-9-0-1	9-14-2-1	4-4-2-0	W1
Philadelphia	53	30	16	2	5	173	157	67	12-8-1-4	18-8-1-1	4-3-0-3	L3
New Jersey	53	31	19	1	2	150	148	65	15-9-0-2	16-10-1-0	7-2-0-1	W5
Pittsburgh	54	30	19	2	3	163	141	65	15-7-2-0	15-12-0-3	7-2-0-1	L2
Toronto	54	28	20	3	3	168	157	62	16-8-2-2	12-12-1-1	6-3-0-1	L1
Ottawa	56	27	22	5	2	162	174	61	14-11-1-1	13-11-4-1	2-7-1-0	L7
Florida	52	24	17	5	6	131	149	59	13-5-1-6	11-12-4-0	3-4-1-2	L2
Winnipeg	55	25	24	3	3	131	151	56	16-8-0-2	9-16-3-1	4-5-0-1	W1
NY Islanders	52	22	22	5	3	126	150	52	11-11-5-0	11-11-1-2	6-2-1-1	W1
Tampa Bay	52	23	24	2	3	148	176	51	15-8-1-1	8-16-1-2	6-3-1-0	L1
Montreal	54	21	24	2	7	140	147	51	11-11-2-5	10-13-0-2	5-4-0-1	W2
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	54	35	17	1	1	172	129	72	20-2-1-0	15-15-0-1	7-2-0-1	L2
d-Vancouver	53	33	15	0	5	171	133	71	15-6-0-4	18-9-0-1	6-2-0-2	W2
d-San Jose	50	29	15	3	3	145	117	64	17-8-2-0	12-7-1-3	5-4-0-1	L1
St. Louis	52	31	14	1	6	129	106	69	22-3-1-3	9-11-0-3	6-2-1-1	W1
Nashville	54	32	17	3	2	152	140	69	17-7-2-2	15-10-1-0	7-2-0-1	L1
Chicago	54	29	18	4	3	171	163	65	19-6-1-3	10-12-3-0	3-5-2-0	L6
Los Angeles	54	26	18	4	6	118	117	62	15-11-0-4	11-7-4-2	3-5-1-1	W1
Minnesota	53	25	20	2	6	122	136	58	13-7-1-2	12-13-1-4	3-5-0-2	L2
Phoenix	54	25	21	3	5	143	143	58	12-10-2-2	13-11-1-3	5-4-0-1	W3
Colorado	55	27	25	2	1	140	153	57	15-10-0-2	12-12-2-0	4-5-0-1	W1
Dallas	52	27	23	0	2	137	148	56	15-13-0-2	12-13-0-0	3-6-0-1	L1
Calgary	53	24	22	3	4	126	144	55	14-18-1-1	10-14-2-3	5-3-0-2	L1
Anaheim	52	20	24	4	4	135	156	48	14-13-2-0	11-11-2-4	7-2-1-0	W1
Edmonton	53	21	27	1	4	141	158	47	15-8-1-2	6-19-4-2	5-4-0-1	L1
Columbus	53	15	32	1	5	123	175	36	9-13-1-2	6-19-0-3	3-6-0-1	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Edmonton at Detroit Boston at Buffalo Carolina at Anaheim Calgary at San Jose	Tonight's games — All Times Eastern St. Louis at New Jersey, 7 p.m. Montreal at N.Y. Islanders, 7 p.m. Tampa Bay at N.Y. Rangers, 7 p.m. Toronto at Philadelphia, 7 p.m. Winnipeg at Washington, 7 p.m. Dallas at Columbus, 7 p.m. Nashville at Ottawa, 7:30 p.m. Los Angeles at Florida, 7:30 p.m. Vancouver at Minnesota, 8 p.m. Calgary at Phoenix, 9 p.m.
Tuesday's results Montreal 3 Pittsburgh 2 (SO) Winnipeg 2 Toronto 1 Vancouver 4 Nashville 3 (SO) St. Louis 3 Ottawa 1 Colorado 5 Chicago 2 Columbus 3 Minnesota 1 Los Angeles 3 Tampa Bay 1 New Jersey 1 N.Y. Rangers 0 N.Y. Islanders 1 Philadelphia 0 (SO) Phoenix 4 Dallas 1 Washington 4 Florida 0	Tomorrow's games Winnipeg at Pittsburgh, 7 p.m. Dallas at Buffalo, 7:30 p.m. Anaheim at Detroit, 7:30 p.m. Carolina at Colorado, 9 p.m. Chicago at San Jose, 10:30 p.m.

LATE TUESDAY

CANADIENS 3, PENGUINS 2 (SO)

First Period — No Scoring.

Penalties — None.

Second Period

1. Montreal, Leblanc 3 (Kostitsyn, Campoli) 11:21
Penalties — Eller Mtl (goaltender interference) 2:33, Plekanec Mtl (slashing) 7:19, Neal Pgh (cross-checking) 13:17, Gomez Mtl (holding) 15:24, Adams Pgh (tripping) 20:00.

Third Period

2. Pittsburgh, Dupuis 12 (Vitale) 1:03 (sh)
3. Montreal, Eller 11 (Emelin) 3:00

4. Pittsburgh, Neal 28 (Malkin, Martin) 7:32

Penalty — Neal Pgh (high-sticking) 15:18.

Overtime — No Scoring.

Penalties — Malkin Pgh (roughing), Darche Mtl (interference) 5:00.

Shootout — Montreal wins 3-2

Montreal (3)— Bourque, goal; Pacioretty, miss; Desharnais, miss; Cole, miss; Eller, goal;

Foligno Ott (hooking) 13:53, Perron StL (hooking) 17:07.

Third Period — No Scoring.

Penalties — Reaves StL, Neil Ott (roughing) 6:14, Berglund StL (hooking) 11:33.

Shots on goal by

St. Louis 8 5 5—18
Ottawa 9 12 8—29

Goal (shots-saves) — St. Louis: Elliott (W,16-5-2); Ottawa: Anderson (L,25-19-4) (4-2), Auld (3:49 first; 14-13). **Power plays (goals-chances)** — St. Louis: 0-1; Ottawa: 1-4. **Attendance** — 18,952 (19,153) at Ottawa.

JETS 2, MAPLE LEAFS 1

First Period

1. Toronto, Kessel 30 (Lupul) 11:06

2. Winnipeg, Thornburn 2 (Bogosian, Slater) 14:16

Penalty — Antropov Wpg (cross-checking) 6:43.

Second Period

3. Winnipeg, Little 13 (Wheeler, Oduya) 9:47

Penalty — Kessel Tor (slashing) 2:00.

Third Period — No Scoring.

Penalties — Grabb Tor, Oduya Wpg (fighting) 1:54, Burmistrov Wpg (high-sticking) 10:17, Crabb Tor (holding) 13:10.

Shots on goal by

Toronto 6 7 8—21
Winnipeg 9 8 12—29

Goal — Toronto: Gustavsson (L,16-11-1); Winnipeg: Pavelec (W,19-18-6). **Power plays (goals-chances)** — Toronto: 0-2; Winnipeg: 0-2. **Attendance** — 15,004 (15,004) at Winnipeg.

CANUCKS 4, PREDATORS 3 (SO)

First Period

1. Vancouver, Kesler 17 (Burrows, Hamhuis) 11:42 (pp)

2. Nashville, C.Wilson 11 (Legwand, Hornqvist) 13:47

3. Vancouver, Bitz 1 (H.Sedin, Bieksa) 18:21

4. Vancouver, D.Sedin 23 (Bitz, H.Sedin) 18:44

Penalties — Hodgson Vcr (tripping) 4:57, Yip Nash (slashing) 11:12, Booth Vcr (tripping) 15:19.

Second Period

5. Nashville, Kostitsyn 14 (Klein, Erat) 4:14

6. Nashville, Fisher 16 (Weber) 5:16

Penalties — Rome Vcr (delay of game) 8:46, Burrows Vcr (hooking) 18:22.

Third Period — No Scoring.

Penalties — None.

Overtime — No Scoring.

Penalties — None.

Shootout — Vancouver wins 2-1

Vancouver (2) — Raymond, miss; Kesler, miss; Burrows, goal; D.Sedin, miss; Hodgson, miss; Edler, goal; **Nashville (1)** — Kostitsyn, miss; Erat, miss; Legwand, goal; Fisher, miss; Ellis, miss; C.Wilson, miss.

Shots on goal by

Vancouver 11 6 12 2—31
Nashville 16 12 9 3—40

Goal — Vancouver: Luongo (W,22-10-5); Nashville: Rinne (L,30-11-5). **Power plays (goals-chances)** — Vancouver: 1-1; Nashville: 0-4. **Attendance** — 16,232 (17,113) at Nashville, Tenn.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	29	33	62
Giroux, Pha	20	40	60
Stamkos, TB	35	23	58
Kessel, Tor	30	28	58
H.Sedin, Vcr	11	46	57
Lupul, Tor	21	35	56
Eberle, Edm	24	30	54
Datsyuk, Det	14	40	54
D.Sedin, Vcr	23	30	53
Tavares, NYI	22	31	53
Hossa, Chi	20	33	53
Toews, Chi	27	25	52
Elias, NJ	18	34	52
Spezza, Ott	20	31	51

Not including last night's games

SOCCER

AFRICAN CUP OF NATIONS

Yesterday's results

Semifinals

At Bata, Equatorial Guinea

Zambia 1 Ghana 0

At Libreville, Gabon

Ivory Coast 1 Mali 0

Saturday's game

Third Place — At Malabo, Equatorial Guinea

Ghana vs. Mali, 2 p.m.

Championship — At Libreville, Gabon

Zambia vs. Ivory Coast, 2 p.m.

ENGLAND

FA CUP

Fourth Round — Replay

Middlesbrough 1 Sunderland 2 (OT)

FRANCE

COUPE DE FRANCE

ROUND OF 16

Chateauroux 0 Montpellier 2

Gazélec Ajaccio 2 Drancy 0

Lyon 3 Bordeaux 1 (extra end)

Valenciennes 2 Lille 1

Bourg-Peronnas vs. Marseille (ppd., frozen pitch)

GERMANY

GERMAN CUP

QUARTER-FINALS

Hertha Berlin 0 Borussia Moenchengladbach 2 (extra time)

Hoffenheim 0 Greuther Fuerth 1

Stuttgart 0 Bayern Munich 2

ITALY

SERIE A

Catania 1 Roma 1 (comp. of susp. game)

COPPA ITALIA

SEMIFINALS — FIRST LEG

AC Milan 1 Juventus 2

NETHERLANDS

EREDIVISIE

AZ Alkmaar 6 ADO The Hague 0

SCOTLAND

PREMIER LEAGUE

Hearts 0 Celtic 4

SPAIN

COPA DEL REY

SEMIFINALS — SECOND LEG

Barcelona 2 Valencia 0

(Barcelona advances 3-1 on aggregate)

NLL

WEEK SIX

All Times Eastern

Tomorrow's games

Edmonton at Minnesota, 8:30 p.m.

Calgary at Washington, 11 p.m.

Sunday's games

Rochester at Minnesota, 3 p.m.

Buffalo at Philadelphia, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	21	6	.778	—
d-Miami	19	7	.731	1½
Indiana	17	7	.708	2½
d-Philadelphia	18	8	.692	2½
Atlanta	16	9	.640	4
Orlando	16	10	.615	4½
Boston	14	10	.583	5½
Milwaukee	11	14	.440	9
New York	10	15	.400	10
Cleveland	9	14	.391	10
New Jersey	8	18	.308	12½
Toronto	8	19	.296	13
Detroit	6	20	.231	14½
Washington	5	20	.200	15
Charlotte	3	22	.120	17

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	20	5	.800	
d-L.A. Clippers	15	7	.682	3½
d-San Antonio	18	9	.667	3
Denver	15	10	.600	5
L.A. Lakers	14	11	.560	6
Houston	14	11	.560	6
Dallas	14	11	.560	6
Portland	14	11	.560	6
Utah	13	11	.542	6½
Minnesota	13	12	.520	7
Memphis	12	13	.480	8
Phoenix	11	14	.440	9
Golden State	8	14	.364	10½
Sacramento	9	26	.360	11
New Orleans	4	21	.160	16

Fisher expected to get warm welcome

► A year after being traded to Nashville, former Senator returns to Scotiabank Place on Thursday night

It's may be a year late, but Ottawa is finally getting a chance to give Mike Fisher a proper send-off.

A Senators fan favourite for 11 seasons, Fisher was traded to Nashville on Feb. 10, 2011, while the team was on the road. There was no time for any goodbyes.

So it's no surprise that a

Fisher love-in is expected when the veteran forward makes his return to Scotiabank Place with the Predators on Thursday.

"I'm excited, but a little nervous at the same time," said Fisher. "I have so many great memories of my time in Ottawa. It's going to be nice to see a lot of

friends and the fans."

The Fisher deal came as a shock in Ottawa. General manager Bryan Murray even admitted at the time he didn't really want to make the trade.

In an effort to soften the blow, Murray dealt Fisher to Nashville so he could be closer to his new wife and

country music superstar Carrie Underwood.

"Nashville has been very good to me," said Fisher. "The trade was hard, but if I had to go anywhere this was a great place to go. The team and fans have been great."

But even a year later, the void Fisher left is still felt.

"Me personally, I wish he was still here because we went through a lot together," said Ottawa captain Daniel Alfredsson.

While Alfredsson understands the trade as a business move, he admits it didn't make it any easier to lose his teammate.

"I think everybody

knew what Fish brought on and off the ice," said Alfredsson. "He's a guy that embraces the community and helps people any way he can."

Fisher, 31, played 675 games for the Senators but also donated countless hours to local charities.

THE CANADIAN PRESS

metro**classifieds** | To advertise, call: 1 800 527-6767

HELP WANTED

General Help

\$120-\$360 CASH PAID DAILY FOR LIGHT LANDSCAPING! FREE TRANSIT PASSES, SCHOLARSHIPS AVAILABLE, CHOOSE YOUR DAYS, DAILY BONUSES.
Apply ASAP at www.aceofbladesjobs.com as room at our job fairs is limited or email aceofbladesjobs@hotmail.com. 1-855-695-5858

Ottawa family requires live in caregiver (lady), details to be provided at interview. Please call **613-797-0167** or email abdallam@rogers.com

Education



NOW HIRING SECURITY GUARDS

Up to \$18/hr
No Experience Required
Employment Guaranteed
Ottawa: (613) 238-1812

Business Opportunities

1 Stylist Chair for Rent at Sawma Haute Coiffure Includes **FREE** parking at the Billings Bridge Mall. Please call **613-867-6425** for more details.

AUTOMOTIVE

Cars & Trucks Wanted

WILL BUY UNWANTED CARS AND TRUCKS for scrap and parts. **PAY CASH**
Barry 613-769-7940

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Will **REMOVE** or **BUY** un wanted trucks and cars for scrap and/or parts
WILL PAY CASH
Call **MARK** at **613-978-2468**

RENTALS

Apartments Unfurnished



Residential Rentals
Strathcona - Built in 1927 to be Ottawa's finest address, Strathcona boasted underground parking and a choice residential location in Sandy Hill.
Please contact for rental availability

MERCHANDISE

Merchandise for Sale

Easton Wheeled Hockey Bag - Large black and gray, Has a large main compartment and a smaller skate compartment. Retail 90 dollars. \$35.

Please call Simon at 613-435-2013. Price is negotiable.

SERVICES

Psychics

Powerful Psychic Olga Spiritual Healer
35 yrs exp, solve problems, remove black magic/evil, restore love & happiness in hrs.
FREE READING (518) 618-5673

Apartments Unfurnished

Home Health Care

FULL TIME CARE GIVER NEEDED! Senior w/ dysthagla; Need complete caregiver course; \$10.56/hr. Live in; Private Room; Charge for room & board. Call **(613-225-7294)**

Financial

Need Cash Today?
Loans up to \$10,000 Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Mortgages

OWN A HOME?
Loaded with Debt? can help! 1st, 2nd, 3rd Mortgages Re-Financing. Debt Consolidation loans. Home Equity Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613) 863-0649 Lic:10717

HOUSEHOLD SERVICES

General Services

M.A.C. PAINTING
High & Difficult To Reach Areas, Wall Paper Removal, Drywall Taping, Drywall & Plaster Repairs, Spray Painting
Call Marc **613-252-3444**

LOOKING TO MAKE A CAREER CHANGE?

Read **metro** work every Monday & Wednesday.

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

15 gallon carboy
great for wine and beer making.
\$30
Please call 613-829-5434

BAKERY OR FULL EQUIPMENT FOR SALE
Please call:
819-351-5260

Counter top glass stove.
Paid \$800.00.
Just like new.
613-822-2895

Hair & Tanning Salon equipment for sale,
Selling as 1 lot only
GOOD PRICE!!!!!!
Call Annick at 613-443-3453

MOVING OUT SALE!!!
Breadmaker \$60
Microwave \$40
Call (613) 560-5985

Solid wood masks from around the world. Must sell to make room. Moving to a small apt. Must see, make us an offer on one, some or all. CALL 613-226-2694

2 Computer Chairs
In good condition
Only \$20 each
(613) 799-0308

Beautiful Couch by Carlton House Furniture
No marks, scratches, spills or pulls
\$800 OBO
613-869-4981

Don't wait until Spring, Sell Your Stuff
Call: **1-800-527-6767**
Size 1.535" X .542", Limit 1/day, 2/wk

LEATHER Sofa, Love Seat and Chair
Excellent Condition
\$600
613-9838965

New Full/Queen Panel HEADBOARD
Solid Black Finish And Frame!!
\$130
613-240-8518

TV. Stand on a swivel. Even great for flat screen. Can also hold DVDs, games, books, stereo and speakers etc. Solid piece and matches everything - white l 613-226-2694

2 Loft Beds
Solid Wood
\$200
613-491-0084

Brand new PRO POINT 1/2" AIR DRILL
Never been used, still in box
Retail at \$199.95 + tax
Asking \$120.00 613-313-0612

FRENCH FOREIGN Legion
Beige shirt jacket # 2 Dark Green Barret with cap badge KEPI White Hat
Entire lot \$300 613-749-6629

Limited spaces avail. Get yours today!
Call: **1-800-527-6767**
Size 1.535" X .542", Limit 1/day, 2/wk

Pecan Wood Dining table chairs & hutch in excellent condition.
\$349 or best offer
Please call Vickie @ 613 836-5560

WANTED
Lady's 70's Vintage Seiko Digital Wrist Watch
Please call 613-824-6539

3 seat couch with storage ottoman
\$250
(613) 523-9023

Call: **1-800-527-6767 today to book this space!**
Size 1.535" X .542", Limit 1/day, 2/wk

Graco Sweet Pease Soothing Centre
Baby Swing
\$150
(613) 523-9023

MOVING & MUST SELL
3 piece living/family room set
\$300
613-226-2694

President Kennedy and Family
35 books plus 71 National Examiner 94 Star and 54 Globe Magazines from 1900 to 2000
Entire lot \$200 obo 613-749-6629 Ned

Your Free Ad Here !
Call: **1-800-527-6767**
Size 1.535" X .542", Limit 1/day, 2/wk

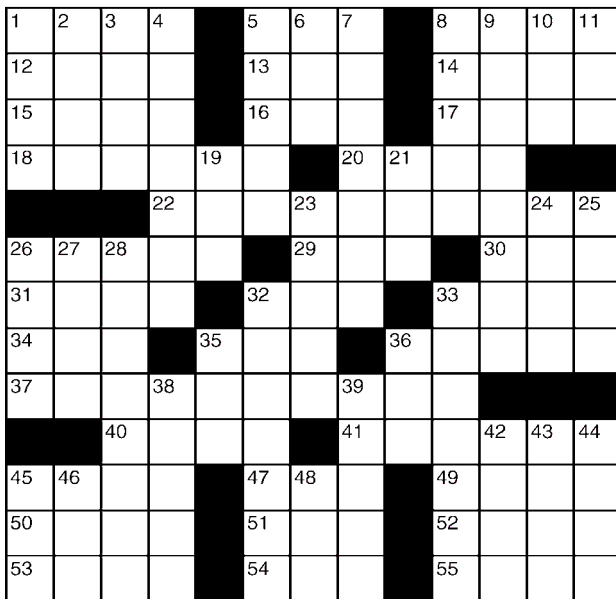
Crossword

Across

- 1 Oil cartel acronym
- 5 Spring mo.
- 8 Hotel employee
- 12 21-Down builder
- 13 Witness
- 14 Black, in verse
- 15 — Minor
- 16 Depressed
- 17 Carvey or Delany
- 18 Thwart
- 20 Primary
- 22 Donna Summer hit
- 26 Suitor
- 29 Tibetan beast
- 30 Table scrap
- 31 Weaponry
- 32 Lustrous black
- 33 Fit of peevishness
- 34 "Golly!"
- 35 Wok, e.g.
- 36 Lariat
- 37 No longer drinking
- 40 KFC additive
- 41 Latest information
- 45 "The Naked Maja" painter
- 47 Kimono sash
- 49 Apollo 11's goal
- 50 Once, once
- 51 Greek consonants
- 52 Opposed to
- 53 Illicit stimulant, for short
- 54 Storm center
- 55 Require

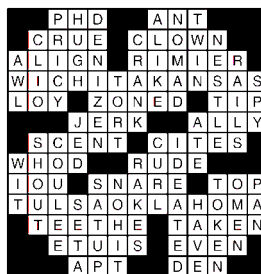
Down

- 1 Responsibility
- 2 Harbor
- 3 Uncomplicated
- 4 Soft, pliant leather
- 5 Plus

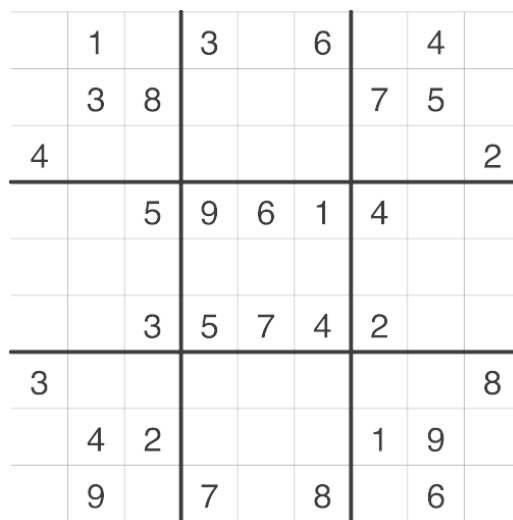


- 6 Pod occupant
- 7 Beef, e.g.
- 8 TV, newspapers, etc.
- 9 Leaves in the lurch
- 10 Lithium- — battery
- 11 "CSI" evidence
- 19 Hostel
- 21 See 12-Across
- 23 Laughing critter
- 24 Rainbow
- 25 Director Pre-minger
- 26 Palm starch
- 27 Small songbird
- 28 February birthstone
- 32 Mandible
- 33 Sleep-inducing visitor
- 35 Apiece
- 36 Prune
- 38 Moor
- 39 False front
- 42 Top-notch
- 43 Carry
- 44 Oklahoma city
- 45 Jewel
- 46 Raw rock
- 48 Purchase

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

8	4	1	5	6	9	3	7	2
9	2	7	1	8	3	4	5	6
6	3	5	4	7	2	9	8	1
2	8	4	9	1	6	7	3	5
1	9	3	7	2	5	6	4	8
5	7	6	3	4	8	2	1	9
4	5	9	6	3	1	8	2	7
7	1	2	8	9	4	5	6	3
3	6	8	2	5	7	1	9	4

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Real words
I hope you're feeling my feelings as before and it will remind you of how there's always someone thinking of you and no matter what happens.

REAL FEELING

toootoot,
i needa study buddy?

PAPA

Beals
Surprising yet wonderful night with all the lights aglow how i think of you my love how i wish to be where you are fir you are to hold me console me on this beautiful night where are you my love why have you not yet come to walk with me talk with me how i miss thee my love on this wonderful night

NIGHTTIME

Smile, someone is thinking about you right now.

HAPPY SOUL

Today's horoscope

♈ Aries March 21-April 20

If your sixth sense tells you that something is not quite right today, you would be wise to listen.

♉ Taurus April 21-May 21

Cosmic activity in the career area of your chart means it's time to move up a gear. It's OK to be ambitious.

♊ Gemini May 22-June 21

Your opinions seem to be going through changes and it may not be an entirely comfortable situation.

♋ Cancer June 22-July 22

You want to prove that you're tough enough to mix it up with your rivals. But don't make enemies of those who should be friends.

♌ Leo July 23-Aug. 23

Sit back and let those who feel they have something to prove make decisions. You have nothing to prove.

♍ Virgo Aug. 24-Sept. 22

If you work too hard now, you may regret it over the weekend. You don't have to do everything yourself, you know. Let others help.

♎ Libra Sept. 23-Oct. 23

Focus on creative activities, especially if you've been working your socks off for other people recently.

♏ Scorpio Oct. 24-Nov. 22

Be prepared to tell someone in a position of authority that you won't be rushed.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

It's not often you kick up a fuss but today, you might have to. No one can tell you how to feel.

♑ Capricorn Dec. 22-Jan. 20

The planets indicate that it will be quite easy to boost your earning power over the next few days.

♒ Aquarius Jan. 21-Feb. 18

There's nothing you can't do and there is no one you can't impress. Make your talents recognized.

♓ Pisces Feb. 19-March 20

You will achieve more in the long-term if you make an effort to co-operate with a colleague. You can both be winners. **SALLY BROMPTON**

Caption contest



"I told you we should've turned right to get to Florida."
SHEILA



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more



FLIGHT CENTRE *Unbeatable*

Orlando Long Stay, Air + 21 Nights

\$499*

Champions World Resort

+ taxes & fees \$296

INCLUDES airfare from Montreal and Kissimmee accom near attractions and golf. Departs Feb 9/ggv/ts.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Ottawa. *Ex. Montreal. Package price is per person, based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. www.flightcentre.ca for more details. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

SLUMBER PARTIES presents

sexapalooza

explore excite enjoy

explore

the adult fun show

excite

your love life

enjoy

free with your admission

main stage entertainment | workshops & seminars
product demonstrations | dungeon showcase
educational videos | bodypainting | Sex Museum
Alley of Fantasy | fun contests | door prizes
shopping & so much more!

Ottawa

February 10-12, 2012

Ottawa Convention Centre | 55 Colonel By Drive
fri: 5-midnight | sat: 12-midnight | sun: 12-5pm
\$20 at the door | \$30 weekend pass | SAVE \$5 online

sexapalooza.ca

GUEST APPEARANCE BY



JESSE KOVACS

AS SEEN ON THE
**BACHELORETTE
& BACHELOR PAD**
SATURDAY AT THE SHOW

PRIVATE MEET & GREET FRI. 7-9pm
TICKETS AVAILABLE ONLINE

event partner



partners



ADMITTANCE RESTRICTED TO 19 YEARS AND OLDER. LICENSED EVENT. PLEASE PARTY RESPONSIBLY. PRODUCED BY BLACK KAT SHOWS.